

# LOTUS

**COPPER** **KNOB**  
STEPSHEETS

Count: 136

Wand: 1

Ebene: Phrased Advanced

Choreograf/in: GoWildWest Isabel (CH) - April 2025

Musik: Lotus - Ummet Ozcan



Phrased: Intro, A \*, A, B, C, Tag, A, B, C, End

Explain: A\* & A = Nightclub / B & C = normal Rhythm

## Intro Indian God Move

It s a spiritual Intro... so you dont hear any Rhythm... But he sings Ommmm. She sings Oaaaaoaaaa. Then you know: Start with A\*

- OHMM 1 Arms side up to the middle, look to the sun (Palms up)
- OHMM 2 OM2 Arms hold in this Position, only the Hands goes up (Palms up, you look like an Indian God)
- OHMM 3 turn slowly right fwd Hand down (right Handpalm down and Arms hold in Position)
- OHMM 4 turn slowly left fwd Hand down (left Handpalm down and Arms hold in Position), same Time right Hand up (right Handpalm up and Arms hold in Position)
- OHMM 5 weave with Arms
- (OAAO)
- OHMM 6 Hands hold your Heart

## A \* (ONCE)

### S 1: Diamond Steps Back (Hands hold your Heart)

- 1, 2+ RF step right diagonal back, LF close, RF close with a ¼ turn left
- 3, 4+ LF step diagonal fwd, RF close, LF close with a ¼ turn left
- 5, 6+ RF step right diagonal back, LF close, RF close with a ¼ turn left
- 7, 8+ LF step diagonal fwd, RF close, LF close with a little turn left to 12 :00

## A (Nightclub)

### S 2: 2x Nightclub Basic, Swipe with Turn & Cross, Side Rock Turn

- 1, 2+ RF slide right, LF close, RF cross infront
- 3, 4+ LF slide left, RF close, LF cross infront
- 5, 6+ RF step right, LF swipe ½ turn left, LF step left, RF cross infront
- 7, 8+ LF step left, RF hold, turn ¼ right with weight on RF, LF step for

### S 3: Rock Recover & Turn, Rock Recover & Turn, Weave & Side Rock

- 1, 2+ RF rock fwd, weight on LF, turn ½ right and RF step fwd
- 3, 4+ LF rock fwd, weight on RF, turn ½ left and LF step fwd
- 5, 6+ turn ¼ left and RF step right, LF cross behind, LF step right
- 7, 8+ LF cross infront, RF step right, weight on LF

### S 4&5: REPEAT Section 2&3

## Slide in Position

## B (is the intro to C)

### S 1: Hands Up

- 1-8 hands slowly up to the sky

### S 2: Pray, Moving Head

- 1-4 falt your hands and sink down to your solarplexus
- 5-8 pray and move with your head to R and to L

**S 3: Jazz Box, K-Step (with praying hands)**

- 1, 2, 3, 4 RF cross infront, LF step back, RF close, LF step fwd  
 5, 6, 7, 8 RF step right diagonal fwd, LF touch, LF step left diagonal back, RF touch

**S 4: V-Step, Hop, Hip (with praying hands)**

- 1, 2, 3, 4 RF out fwd, LF out fwd, RF in, LF in  
 5, 6, 7, 8 hop fwd, hold, right Hip up, Hip down

**C (is the Mainpart of the Dance)****S 1: Pop Back, Toe Strut & Heel Strut Mix**

- 1, 2, 3, 4 RF cross infront, weight on LF, RF step back, hold  
 5+6 weight on LF, turn with knee pop  $\frac{1}{4}$  right: weight on both toes and both heels up, both heels down  
 +7, 8 turn  $\frac{1}{4}$  right with RF heel, RF toe, RF strut

**(Light Version : Rockin Chair, Jazzboxturn)**

- 1-4 RF rock fwd, RF rock back, weight on LF  
 5-8 Jazz box turn  $\frac{1}{2}$  right, LF close

**S 2: Hip, Hiproll, Flick Turn**

- 1, 2, 3, 4 2x hip right, Hip left, Hip right  
 5, 6, 7 Hip left, Hip back, Hip right  
 8 RF flick & turn  $\frac{1}{4}$  left

**S 3: Vine Turn, Step Turn, Shuffle Diagonal**

- 1, 2, 3, 4 RF right, LF cross behind, RF turn  $\frac{1}{4}$  right, LF fwd  
 5, 6, 7+8 RF turn  $\frac{1}{2}$  right, LF fwd, Diagonal right: RF fwd LF close, RF fwd

**S 4: Lockstep, Touch, Step Turn, Back Rock**

- 1, 2, 3, 4 LF left diagonal fwd, RF lock behind, LF left diagonal fwd, RF touch  
 5, 6, 7, 8 RF rock right with turn  $\frac{1}{4}$  right, weight on LF, RF rock back, weight on LF

**S 5: Knee Pop Turn, Heel Strut Turn**

- 1, 2 RF fwd, turn on both toes  $\frac{1}{4}$  left and pop (heel up and pop knee)  
 3, 4, 5 heel down, LF step  $\frac{1}{4}$  turn left, RF heel fwd  
 6, 7, 8 turn  $\frac{1}{2}$  left on your right heel, weight on RF

**(Light Version : 2x step-turn-step and heel bounce turn)****S 6: Knee in, Knee out Knee in, Flick, Cross & Cross, Touch**

- 1, 2, 3, 4 LF knee in, knee out, knee in, LF flick left out (Light Version : LF heel bounce)  
 5, 6, 7, 8 LF cross infront, RF right, LF cross infront, RF touch right

**S 7: 2x Toe Strut Turn, Step Knee Pop Turn, Shuffle Back**

- 1, 2, 3, 4 RF toe, RF strut, turn  $\frac{1}{2}$  left: LF toe, LF strut  
 5+6 RF fwd, turn  $\frac{1}{4}$  left with both heel up (knee pop)  
 6 turn  $\frac{1}{4}$  left with heel down and sit on your right feet  
 7&8 LF back, RF close, LF back

**(Light Version: 2x Toe Strut Turn, Step Turn on 2 Counts, Shuffle Back)****S 8: Back, Step, Turn, Hold, Sumo-Move (looks like a sumoringer)**

- 1, 2 RF back, LF fwd  
 3, 4 turn  $\frac{1}{4}$  left RF step right out, hold and falt your hands to pray  
 5, 6 go in down your body and move to right (still praying), weight on RF & body up  
 7, 8 go in down your body and move to left (still praying), weight on LF & body up

**Tag Hold your Heart**

- WAIT Arms infront up hold your Heart

WAIT            You hear the Children laugh  
WAIT            You hear a Flute, Then you are ready to start with A

**End**

END            Arms up and Face to the Sun

END            Arms infront of your Heart with pray

**And thank god, we did it!!**

**Last Update: 18 Apr 2025**

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