

Bump 'n' Grind

COPPER **KNOB**
BY SHEETS

Compte: 0

Mur: 1

Niveau: Intermediate/Advanced



Chorégraphe: Nicki Rogers (UK)

Musique: She Bangs - Ricky Martin

Sequence: ABB, Tag, ABB, Tag, CBBB

SECTION A

- | | |
|---------|---|
| 1-4 | Right vine with left scuff |
| 5-6-7&8 | Left chasse rock back on right |
| 1&2 | Right kick ball change |
| 3&4 | Right kick ball change |
| 5-6-7&8 | Walk right, left, right shuffle |
| 1&2 | Left kick ball change |
| 3&4 | Left kick ball change |
| 5-6-7&8 | Walk left, right, left shuffle |
| 1-2-3&4 | Right rock forward, triple half turn |
| 5-6-7&8 | Left rock forward, coaster |
| 1-4 | Right side rock, sailor |
| 5-8 | Left side rock, sailor |
| 1-4 | Right kick front, kick side, coaster |
| 5-8 | Left kick front, kick side, coaster |
| 1-4 | Monterey half |
| 5-8 | Monterey half |
| 1&2-3-4 | Right side chasse, rock back left |
| 5&6-7-8 | Left side chasse, rock back right |
| 1-2&3-4 | Syncopated vine, touch right to right side |
| 5-6-7-8 | Step right behind left, touch left to left side, step left to front, unwind |
| 1-2-3-4 | Right jazz box |
| 5&6&7-8 | Heel switches right, left, right, clap, clap |
| 1&2&3-4 | Heel switches left, right, left, clap, clap |
| 5-6 | Right step, wiggle bum |
| 7-8 | Left step, wiggle bum |
| 1-2 | Right to side, back in, weight onto right |
| 3-4 | Left to side, back in, weight onto left (left slightly behind right) |
| 5-8 | Sit down, stand up, sit down, stand up |

SECTION B

- | | |
|-----|-----------------------|
| 1-4 | Two right Elvis knees |
| 5-8 | Two left Elvis knees |

1-4 Right front, side, switch, switch
 5-8 Right front, side, switch, switch

1-4 Shoulder pops right, left, right, left(on last, bring right to left and change weight)
 5-8 Shoulder pops left, right, left, right(on first, left out, on last left in)

1-4 Right rock forward, triple half
 5-6-7&8 Left rock forward, recover, coaster

SECTION C

1-2-3&4 Right rock forward, $\frac{3}{4}$ turn
 5-6-7&8 Left rock forward, coaster

1-2-3&4 Skate right, left, right shuffle
 5-6-7&8 Skate left, right, left shuffle

1-2-3&4 Right cross rock, right chasse
 5-6-7&8 Left cross rock, left chasse

1-2-3&4 Right rock forward, $\frac{3}{4}$ turn
 5-6-7&8 Left rock coaster

1-2&3-4 Syncopated vine to right, touch right to right side
 5-8 Step right behind left, touch left to left side, step left to front, unwind

1-4 Right jazz box
 5&6&7-8 Heel switches right, left, right, clap, clap

1&2&3-4 Heel switches left, right, left, clap, clap
 5-6 Right step, wiggle bum
 7-8 Left step, wiggle bum

1-2 Right to side, back in, weight onto right
 3-4 Left to side, back in, weight onto left (left slightly behind right)
 5-8 Sit down, stand up, sit down, stand up

1-4 Hold

TAG

1&2 Right rock and cross
 3&4 Left rock and cross
 5-8 Right jazz box
