

Love & Girls

COPPER KNOB
BY STEPHEN

拍数: 128 墙数: 1
编舞者: Teresa Chen (TW) - October 2014
音乐: Love & Girls - Girls' Generation

级数: Phrased Low Intermediate



Intro: 32 count
Part A: 32 count
Part B: 32 count
Part C: 64 count
Tag1: 32 count
Tag2: 40 count
Seq: AB AB C/ A Tag1 C/ A Tag2 C/ B' B'

Part A: 32 count

(S1) Touch R Heel Forward , Touch R Toe Backward, stomp*3, hold

12 Touch Rf heel forward , hold
34 Touch Rf toe backward, hold
5678 Rf stomp, Lf stomp, Rf stomp, hold

(S2) Touch L Heel Forward , Touch L Toe Backward, stomp*3, hold

12 Touch Lf heel forward, hold
34 Touch Lf toe backward, hold
5678 Lf stomp, Rf stomp, Lf stomp, hold

(S3) Rf side point*2, vine, hold

12 Rf side point, hold
34 Rf side point, hold
5678 Rf side step, Lf cross behind Rf, Rf side step, hold

(S4) Lf side point*2, vine, hold

12 Lf side point , hold
34 Lf side point, hold
5678 Lf side step, Rf cross behind Rf, Lf side step, hold

Part B: 32 count

(Hands movement : Please refer the demo video)

(S1) Weight on Rf, Bend Lf knee inward ,weight on Lf , Bend Rf knee inward

12 Weight on Rf, Bend Lf knee inward
34 Weight on Lf , Bend Rf knee inward
56 Weight on Rf, Bend Lf knee inward
78 Weight on Lf , Bend Rf knee inward

(S2) Touch Rf forward, Lift R Hip, Sway Rf Knee outward

12 Touch Rf forward, Lift R Hip, Sway Rf Knee outward
34 Sway Rf Knee outward
56 Sway Rf Knee outward
78 Sway Rf Knee outward

(S3) Weight on Rf, Bend Lf knee inward ,weight on Lf , Bend Rf knee inward

12 Weight on Rf, Bend Lf knee inward
34 Weight on Lf , Bend Rf knee inward
56 Weight on Rf, Bend Lf knee inward
78 Weight on Lf , Bend Rf knee inward

(S4) Touch Rf forward, Lift R Hip, Sway Rf Knee outward

12 Touch Rf forward, Lift R Hip, Sway Rf Knee outward
34 Sway Rf Knee outward
56 Sway Rf Knee outward
78 Sway Rf Knee outward

Part C: 64 count

(Hands movement : Please refer the demo video)

(S1) Face L diagonal , Rf kick, step, Lf kick , step, Rf kick, step, Lf kick step

12 Kick Rf ,step(with both knees bend)
34 Kick Lf ,step(with both knees bend)
56 Kick Rf ,step(with both knees bend)
78 Kick Lf ,step(with both knees bend)

(S2) Palm downward (Hands movement : Please refer the demo video)

12 R hand brush outward
34 L hand brush outward
56 R hand brush outward
78 L hand brush outward

(S3) Face L diagonal , Rf kick, step, Lf kick , step, Rf kick, step, Lf kick step

12 Kick Rf ,step(with both knees bend)
34 Kick Lf ,step(with both knees bend)
56 Kick Rf ,step(with both knees bend)
78 Kick Lf ,step(with both knees bend)

(S4) Rf forward walk , Lf forward walk, Rf forward walk , Lf stomp with both knees bend; Lf back step, Rf back step, Lf back step, Rf back step with both knees bend

1234 Rf forward walk , Lf forward walk, Rf forward walk ,Lf stomp with both knees bend
5678 Lf back step, Rf back step, Lf back step, Rf step with both knees bend

(S5) 1/4 L Turn, stretch out R index finger & bend, straighten up, bend

1234 1/4 L Turn, stretch out R index finger & bend
56 straighten up
78 Stretch out R index finger & bend

(S6) Pop Right Knee(weight on L), Shift weight and pop L Knee, Pop Right Knee(weight on L), Shift weight and pop L Knee, Pop Right Knee(weight on L), hold

12 Pop right knee and weight on Lf
34 Shift weight to right and pop Lf knee
5678 Pop right knee and weight on Lf, Shift weight to right and pop Lf knee, Pop right knee and weight on Lf, hold

(S7) Face to L diagonal , Rf kick, step, Lf kick , step, Rf kick, step, Lf kick step

12 Kick Rf ,step(with both knees bend)
34 Kick Lf ,step(with both knees bend)
56 Kick Rf ,step(with both knees bend)
78 Kick Lf ,step(with both knees bend)

(S8) Palm downward(Hands movement : Please refer the demo video)

12 R hand brush outward
34 L hand brush outward
56 R hand brush outward
78 L hand brush outward

Tag1: 32 count

(Hands movement : Please refer the demo video)

(S1) Run 8 count

1234 R,L,R,L
5678 R,L,R,L

(S2) Run 8 count

1234 R,L,R,L
5678 R,L,R,L

(S3) Face to R diagonal, quick chest pop

1234 Chest pop: in, out , in, out
5678 Chest pop: in, out , in, out

(S4) Face to L diagonal, quick chest pop

1234 Chest pop: in, out , in, out
5678 Chest pop: in, out , in, out

Tag2: 40 count

(Hands movement : Please refer the demo video)

(S1) Run 8 count

1234 R,L,R,L
5678 R,L,R,L

(S2) Face to R diagonal, quick chest pop

1234 Chest pop: in, out , in, out
5678 Chest pop: in, out , in, out

(S3) Face to L diagonal, quick chest pop

1234 Chest pop: in, out , in, out
5678 Chest pop: in, out , in, out

(S4) Weight on Rf, Bend Lf knee inward ,weight on Lf , Bend Rf knee inward

12 Weight on Rf, Bend Lf knee inward
34 Weight on Lf , Bend Rf knee inward
56 Weight on Rf, Bend Lf knee inward
78 Weight on Lf , Bend Rf knee inward

(S5) Touch Rf forward, Lift R Hip, Sway Rf Knee outward

12 Touch Rf forward, Lift R Hip, Sway Rf Knee outward
34 Sway Rf Knee outward
56 Sway Rf Knee outward
78 Sway Rf Knee outward

B': 32 count

(Hands movement : Please refer the demo video)

(S1) Weight on Rf, Bend Lf knee inward ,weight on Lf , Bend Rf knee inward

12 Weight on Rf, Bend Lf knee inward
34 Weight on Lf , Bend Rf knee inward
56 Weight on Rf, Bend Lf knee inward
78 Weight on Lf , Bend Rf knee inward

(S2) Touch Rf forward, Lift R Hip, Sway Rf Knee outward

12 Touch Rf forward, Lift R Hip, Sway Rf Knee outward
34 Sway Rf Knee outward
56 Sway Rf Knee outward
78 Sway Rf Knee outward

(S3) Weight on Rf, Bend Lf knee inward ,weight on Lf , Bend Rf knee inward

12 Weight on Rf, Bend Lf knee inward
34 Weight on Lf , Bend Rf knee inward
56 Weight on Rf, Bend Lf knee inward
78 Weight on Lf , Bend Rf knee inward

(S4) Palm downward(Hands movement :Please refer the demo video)

12 R hand brush outward
34 L hand brush outward
56 R hand brush outward
78 L hand brush outward

Happy Dancing!

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