

Dum Di-Di-Day

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Phrased Intermediate
编舞者: Brandi Gross (USA) - April 2015
音乐: Hey Mama (feat. Nicki Minaj, Bebe Rexha & Afrojack) - David Guetta



This dance placed 2nd at the USLDCC at JG Marathon

Intro-16 counts (Begin when Nicki Minaj starts singing) - 3-Tags
Sequence: A-B-B-Tag-A-B-B-Tag-A-B-B-B-Tag

Section A: 32 Counts

A[1-8] KICK, CROSS, ROCK, RECOVER, CROSS SHUFFLE, OUT, OUT, APPLEJACKS, SUGAR FEETS
RL W/ BODY ROLL, STEP

1&2& Kick R fwd (1), Cross R over L (&), Rock out to L (2), Recover onto R (&)

3&4 Cross L over R (3), Step R to R (&), Cross L over R (4)

Styling option: shimmy shoulders during cross shuffle

&5 Step R out to R (&), Step L out to L (5),

&6&7 Put weight on ball of R and heel of L and push R heel in as push L toes out (&), Bring back to center (6), Put weight on ball of L and heel of R and push L heel in as push R toes out (&), Bring back to center with weight on L (7)

&8& Step fwd on ball of R while bending knees to R and beginning body roll up (&), Step fwd on ball of L while bending knees to L and continuing body roll up (8), Step fwd on R and complete body roll up (&)

Body Roll Tip for &8&: First push pelvis forward, then stomach/chest, then shoulders and head to end standing upright

A[9-16] ROCK, RECOVER, ROCK BACK W/ KICK, RECOVER, ½ R PIVOT, LOCK STEPS, ½ R, ½ R

1&2& Rock fwd on L (1), Recover onto R (&), Rock back on L kicking R fwd (2), Recover onto R (&)

3 4 Step fwd on L (3), Pivot ½ R (4) (6:00)

5&6 Step L fwd (5), Lock R behind L (&), Step L fwd (6)

&7& Step R fwd (&), Lock L behind R (7), Step R fwd (&)

8& Turn ½ R stepping back on L (8), Turn ½ R stepping fwd on R (&) (6:00)

A[17-24] STEP, HEEL SWIVEL OUT, FOOT SLIDE, (X2), CROSS ROCK, RECOVER, ROCK, RECOVER, BEHIND, SIDE, HEEL, STEP

1&2& Step L fwd (1), Swivel both heels outward (&), Bring back to center w/ weight on R (2), Slide L back putting weight on L (&)

3&4& Step R fwd (1), Swivel both heels outward (&), Bring back to center w/ weight on L (2), Slide R back putting weight on R (&)

5&6& Cross rock L over R (5), Recover onto R (&), Rock L to L (6), Recover onto R (&)

7&8& Cross L behind R (7), Step R to R (&), Touch L heel to L diagonal (8), Step L next to R (&)

A[25-32] HEEL JACK, CROSS, ¼ R STEP, ½ R PIVOT, ½ R, TOGETHER, ½ R ON HEELS, ¼ R PIVOT, CROSS

1&2& Cross R over L (1), Step L to L (&), Touch R heel to R diagonal (2), Step R next to L (&)

3&4& Cross L over R (3) Turn ¼ R stepping R fwd (&), Step L fwd (4), Pivot ½ R (&) (3:00)

5& Turn ½ R stepping back on L (5), Bring feet together stepping R beside L (&) (9:00)

6& Turn ½ R on both heels lifting toes (6), Set toes down with weight on R (&) (3:00)

7&8& Step L fwd (7), Pivot ¼ R (&), Cross L over R (8) Bring R next to L (no weight) (&) (6:00)

Section B: 16 Counts (oriented from 12:00)

B[1-8] SLIDE R, HEEL GRIND, SIDE, BEHIND, SIDE, CROSS ROCK, RECOVER, ¼ L, FULL TURN, ½ L W/ SWEEP, SWEEP ¼ L

1 2 Slide R stepping onto R (1), Drag L in to R (2)

- 3&4& Cross L heel over R (3), Step R to R (&), Cross L behind R (4), Step R to R
 5&6 Cross rock L over R (5), Recover onto R (&), Turn ¼ L stepping fwd on L (6) (9:00)
 7& Turn ½ L stepping back on R (7), Turn ½ L stepping fwd on L (&) (9:00)
 8& Turn ½ L stepping back on R while sweeping L (8), Continue sweeping L for another ¼ turn L (&) (12:00)

B[9-16] BEHIND, SIDE, CROSS, POINT, HITCH, TOUCH, STOMP BACK W/ KNEE OUT & ARMS, KNEE IN & ARM FWD, STEP, STEP, STOMP, HITCH TURN, STEP, TOUCH

- 1 2 Cross L behind R (1), Step R to R (2)
 3&4& Cross L over R (3), Point R to R (&), Hitch R (4), Touch R slightly back (&)
 5 Stomp R back bending R knee out while extending L fist fwd and bringing R elbow back w/ hand in fist and turn head R (5)
 &6& Turn knee back in while bringing R arm fwd and head back to center (&), Step fwd onto L (6), Step R fwd (&)
 7&8& Stomp L fwd with knee bent (7), Hitch L knee up turning ½ L (&), Step L fwd (8), Touch R next to L (&) (6:00)

TAG: 16 Counts (oriented from 12:00)

[1-8] STOMP, BOUNCE X3, HEEL TOUCHES, FLICK, STEP, HEEL GRIND, BODY ROLL

- 1&2& Stomp R to R diagonal bending at waist (1), Bounce up 3 times ending with weight on L (&2&)
 3&4& Touch R heel across L (3), Touch R heel to R diagonal (&), Flick R behind L (4), Step R to R (&)
 5 6 Step L heel to L grinding ¼ L while bending at waist (5), Recover weight onto R (6) (9:00)
 7 8 Body roll up for 2 counts squaring back up to 12:00 (7 8)

[9-16] REPEAT STEPS 1-8: STOMP, BOUNCE X3, HEEL TOUCHES, FLICK, STEP, HEEL GRIND, BODY ROLL

- 1&2& Stomp R to R diagonal bending at waist (1), Bounce up 3 times ending with weight on L (&2&)
 3&4& Touch R heel across L (3), Touch R heel to R diagonal (&), Flick R behind L (4), Step R to R (&)
 5 6 Step L heel to L grinding ¼ L while bending at waist (5), Recover weight onto R (6) (9:00)
 7 8 Body roll up for 2 counts squaring back up to 12:00 (7 8)

ENJOY!!!!

Please do not alter this step sheet in any way.

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