

Mr Put It Down

COPPERKNOB
BY STEPHENNETS

拍数: 64 墙数: 2 级数: Intermediate / Advanced
编舞者: Rachael McEnaney (USA) & Trevor Thornton (USA) - June 2015
音乐: Mr. Put It Down (feat. Pitbull) - Ricky Martin : (Single - iTunes and all major mp3 websites)



Count In: 18 counts from start of track (hard to count).

Begin on the word "ALL" ("Now first of ALL") (count 5,6,7,8 as he does the "wooooo") Approx 128 bpm

[1 – 8] Walk L-R, L shuffle, ½ turn L stepping back R sweeping L, L behind, R side, L slide

- 1 2 3&4 Step forward L (1), step forward R (2), step forward L (3), step R next to L (&), step forward L (4) 12.00
- 5 6 Make ½ turn left stepping back on R as you sweep L backwards (5), cross L behind R (6) 6.00
- 7 8 Take big step to right on R (7), slide L towards R (weight on R) (8) 6.00

[9 – 16] L ball, walk R-L, R side ball rock, R cross, ¾ turn R, ¼ turn R with L side-rock cross

- & 1 2 & 3 Step ball of L next to R (&), step forward R (1), step forward L (2), rock ball of R to right side (&), recover weight to L (3) 6.00
- 4 5 6 Cross R over L (4), make ¼ turn right stepping back L (5), make ½ turn right stepping forward R (6) 3.00
- 7 & 8 Make ¼ turn right as you rock L to left side (7), recover weight R (&), cross L over R (8)
- Arms option: Punch R arm out to right side (7), punch L arm out to left side (&), bring both arms in bending at elbows chest height (8) 6.00

[17 – 24] R side, L side, ¼ turn R fwd R, ¼ turn R stepping side L, R sailor step, L behind-side-cross

- 1 2 3 4 Step R to right side (1), step L to left side (2), make ¼ turn right stepping forward R (3), make ¼ turn R stepping L to left side (4) 12.00
- 5&6 7&8 Cross R behind L (5), step L next to R (&), step R to right side (6), cross L behind R (7), step R to right side (&), cross L over R (8) 12.00

[25 – 32] R side, L touch, ¼ turn side L, touch R, R heel fwd, L heel fwd, back R-L, Body roll back in place, L hitch

- 1 2 3 4 Take big step R (1), touch L next to R (2), make ¼ turn left stepping L to left side (3), touch R next to L (4) 9.00
- 5&6& Step forward onto R heel on right diagonal (5), step forward onto L heel on left diagonal (&), step back R (6), step L next to R (&) 9.00
- 7 8 Body roll backwards (from head) in place (7), hitch L knee (8) 9.00

[33 – 40] Close L, side switch point R&L, L ball, R cross, unwind ½ turn L, R jazz box with ¼ R into R chasse

- & 1 & 2 Step L next to R (&), point R to right side (1), step R next to L (&), point L to left side (2), 9.00
- & 3 4 Step in place on ball of L (&), cross R over L (3), unwind ½ turn left (weight ends L) (4) 3.00
- 5 6 7 & 8 Cross R over L (5), make ¼ turn R stepping back L (6), step R to right side (7), step L next to R (&), step R to right side (8) 6.00

[41 – 48] Diagonal rocks x 3, big step back R, L back, hold or bodyroll, R close, L back, look back ½ turn L (prep)

- 1 2 3 4 Rock L forward on diagonal (7.30) (1), rock weight back to R (2), rock L forward (3), push off L and take big step back R (4) 7.30
- 5 6 Step back L (still facing diagonal) as you begin optional body roll (5), hold (or continue body roll) (6) 7.30
- & 7 8 Step R next to L (&), step back L (7), weight remains L as upper body makes ½ turn L (option: snap fingers) (8) body prepped for turn 1.30

[49 – 56] ½ R (to return to 7.30), ¼ R, R sailor making 1/8 turn R, heel switch L-R, R ball, L fwd, ½ pivot R
1 2 Make ½ turn right returning weight to R (1), make ¼ turn right stepping L to left side (2), 10.30
3 & 4 Cross R behind L (3), step L next to R as you make 1/8 turn right (&), step forward R (4) 12.00
5&6&7&8 Touch L heel forward (5), step L next to R (&), touch R heel forward (6), step R next to L (&), step forward L (7), pivot ½ turn right (8) 6.00

[57 – 64] ¼ R with L touch & hip, ¼ R, ¼ R with R touch & hip, ¼ R, L mambo, R coaster step.
1 2 Make ¼ turn right touching L toe to left side as you bump hip left (1), make ¼ turn right stepping slightly back L (2) 12.00
3 4 Make ¼ turn right touching R toe to right side as you bump hip right (3), make ¼ turn right stepping slightly forward R (4) 6.00
5&6 7&8 Rock forward L (5), recover weight R (&), step slightly back L (6), step back R (7), step L next to R (&), step forward R (8) 6.00

START AGAIN – HAVE FUN ☺

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