

Uma Thurman

COPPERKNOB
BY STEPHEN

拍数: 96 墙数: 4 级数: Phrased Intermediate
编舞者: Derek Steele (USA) - November 2015
音乐: Uma Thurman - Fall Out Boy



Phrased A B CC A B CC A CC B CC A / Intro: 32 Counts

A. □ TRIPLE R, BACK ROCK, RECOVER, TRIPLE L, BACK ROCK, RECOVER, TOE STRUTS, CROSS, FULL UNWIND

1&2 Step R to R (1), Step L next to R (&), Step R to R (2)
3,4 Rock L back (3), Recover onto R (4)
5&6 Step L to L (5), Step R next to L (&), Step L to L (6)
7,8 Rock R back (7), Recovery onto L (8) (12:00)

9,10 Touch R toe forward (9), Press heel to floor, taking weight (10)
11,12 Touch L toe forward (11), Press heel to floor, taking weight (12)
13,14 Cross R over L (13), Hold (14)
15,16 Full unwind L, taking weight on L (16) (12:00)
17-32 Repeat 1-16

B. □ VINE R, HIP BUMPS W/ HAND MOTIONS, VINE L, BRUSH, JAZZ, STEP, DIAGONAL STEP TOUCHES, SWIM MOTION

1,2,3,4 Step R to R (1), Cross L behind R (2), Step R to R (3), Touch L next to R (4)
5&6 Bump hips R (5), L (&), R (6) as bring bend R arm up with open hand palm facing out, dragging across face L to R
7&8 Bump hips L (7), R (&), L (8) as bring bend L arm up with open hand palm facing out, dragging across face R to L (weight ending on R) (12:00)

9,10 Step L to L (9), Cross R behind L (10)
11,12 Step L to L (11), Brush R next to L (12)
13,14 Cross R over L (13), Step L back (13)
15,16 Step R to R (15), Step L next to R (16)

17,18 Step R diagonally back 1/8 R (17), Touch L next to R (18) (1:30)
19,20 Step L diagonally forward 1/8 L (19), Touch R next to L (20) (12:00)
21,22 Stepping R to R, bring R arm over and around, in swim motion (21,22)
23,24 Bring L arm over and around, in swim motion, pull R arm back (ready to repeat counts 21,22) (23,24)

25,26 Stepping R to R, bring R arm over and around, in swim motion (25,26)
27,28 Bring L arm over and around, in swim motion, pull R arm back (27,28)
29-32 Feet together, pinch nose with R, as raise L arm up, wiggle down (29,30,31), Raise up (32) (weight on L)

C. □ R LOCK STEP, BRUSH, L LOCK STEP, BRUSH, ROCKING CHAIR, ¼ TURN, ¼ TURN, CROSS, STEP, ¼ TURNING SAILOR, FORWARD ¼ TURN, ¼ TURNING SAILOR, TOE STRUTS, V-STEP

1,2,3,4 Step R forward (1), Lock L behind R (2), Step R forward (3), Brush L forward (4)
5,6,7,8 Step L forward (5), Lock R behind L (6), Step L forward (7), Brush R forward (8) (12:00)

9,10 Rock R forward (9), Recover onto L (10)
11,12 Rock R back (11), Recover onto L (12)
13,14 Step R forward (13), Pivot ¼ L, stepping L in place (14)
15,16 Step R forward (15), Pivot ¼ L, stepping L in place (16) (6:00)

17,18 Cross R over L (17), Step L to L (18)
19&20 Cross R behind L (19), Step L to L making ¼ turn R (&), Step R forward (20)
21,22 Step L forward (21), Step R to R making ¼ turn L (22)
23&24 Cross L behind R (23), Step R to R making ¼ turn L (&), Step L forward (24) (3:00)

25,26 Touch R toe forward (25), Press heel to floor, taking weight (26)
27,28 Touch L toe forward (27), Press heel to floor, taking weight (28)
29,30 Step R diagonally forward R (29), Step L to L (30)
31,32 Step R back to center (31), Step L next to R (32) (3:00)

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Last Update – 10th April 2016
