

Show Me Your Moves

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Phrased Intermediate / Advanced
编舞者: Brenna Stith (USA) - December 2015
音乐: Show Me Your Moves - Haley Reinhart



Sequence: A Tag1 B A Tag2 A Tag1 B A B- B A A
#8 count intro

Part A- 32 counts

A1: WALK X2, ANCHOR STEP, ½ TURN, ½ TURN, ¼ TURN, CROSS

1 2 Walk fwd R (1), Walk fwd L (2) (12:00)
3 & 4 Cross R slightly behind L (3), Step L in place (&), Step R back (4) (12:00)
5 6 Make a ½ turn L stepping L fwd (5), Make a ½ turn L stepping back on R (6) (12:00)
7 8 Make a ¼ turn L stepping L to side (7), Cross R over L (8) (9:00)

A2: ¼ TURN, MAMBO STEP, COASTER CROSS ¼ TURN, ¼ TURN, PADDLE ½ TURN

1 Make a ¼ turn stepping fwd on L (1) (6:00)
2&3 Rock fwd on R (2), Recover back on L (&), Step R next to L (3) (6:00)
4&5 Step back on L (4), Step R next to L (&), Make a ¼ turn L crossing L over R (5) (3:00)
6 Make a ¼ turn R stepping R fwd (6) (6:00)
&7&8 Make a ¼ turn by hitching L knee (&) point L to side (7), Make a ¼ turn by hitching L knee (&) point L to side (8)(12:00)

(Note: the hitches in these 2 counts are not strong hitch's, it is more of a transition move)

A3: CROSS & KICK & X 2, CROSSING SHUFFLE, "C" BUMP

1&2& Cross L over R (1), Step R to side (&), Kick L fwd (2), Step down on L (&) (12:00)
3&4& Cross R over L (3), Step L to side (&), Kick R fwd (4), Step down on R (&) (12:00)
5 & 6 Step L across R (5), Step R to side (&), Step L across R (6) (12:00)
7 & 8 Lift R foot and hip up (7), Touch R to side and return hip to center (&), Place weight on R and sit into hip (8)

A4: ¼ TURN, STEP, SIDE ROCK RECOVER, CROSS, ¼ TURN, ½ TURN, PIVOT ½ TURN

1 2 Make a ¼ turn L stepping L fwd (1), Step fwd R (2) (9:00)
3 & 4 Rock L to side (3), Recover onto R (&), Cross L over R (4) (9:00)
5 6 Make a ¼ turn L stepping back on R (5), Make a ½ turn L stepping fwd on L (6) (12:00)
7 8 Step fwd R (7), Make a ½ turn L placing weight onto L (8) (6:00)

Tag 1: At the end of the 1st repetition (facing 6.00) and the end of the 3rd repetition (facing 12.00) of section 'A' add the following 4 count tag:

1234 Step R to right diagonal (1) roll hips clockwise (2,3,4)

Tag 2: At the end of the 2nd repetition of A do the following 4 count tag facing 6.00

1&2 Rock R to right side (1), recover weight L (&), cross R over L (2),
3&4 Rock L to left side (3), recover weight R (&), cross L over R (4)

Part B- 32 counts

B1: FWD HIP BUMPS X2, PIVOT ¼ TURN X2

1 & 2 Step R fwd as you bump R hip to the diagonal (1), Bring hip back to center (&), Place weight onto R (2) (6:00)
3 & 4 Step L fwd as you bump L hip to the diagonal (3), Bring hip back to center (&), Place weight onto L (4) (6:00)
5678 Step fwd on R (5), Make a 1/4 turn placing weight onto L (6), Step fwd on R (7), Make a 1/4 turn placing weight onto L (8) (Roll your hips with each pivot, 12:00)

B2: FWD MAMBO, BACK MAMBO, PIVOT ½ TURN X2

1 & 2 Rock fwd on R (1), Recover back on L (&), Step R next to L (2) (12:00)

3 & 4 Rock back on L (3), Recover fwd on R (&), Step L next to R (4) (12:00)

5 & 6 Step fwd R (5), Make a ½ turn L placing weight onto L (6) (6:00)

7 & 8 Step fwd R (7), Make a ½ turn L placing weight onto L (8) (12:00)

Restart: During the 3rd repetition of 'B' (labeled as B- in the sequence) restart the dance here facing 6.00

B3: KICK & TOUCH, HEEL TWIST X2, COASTER STEP, PIVOT ½ TURN

1 & 2 Kick R fwd (1), Step back on ball of R (&), Touch L fwd (2) (12:00)

&3&4 Twist heels L (&), twist heels center (3), twist heels L (&), twist heels center (weight ends R) (4) (12:00)

5 & 6 Step back on L (5), Step R next to L (&), Step fwd L (6) (12:00)

7 & 8 Step fwd R (7), Make a ½ turn L placing weight onto L (8) (6:00)

B4: SHUFFLE, PIVOT ¼ TURN, CROSS, ¼ TURN, ½ TURN, CHUG X2

1 & 2 Step fwd R (1), Step L next to R (&), Step fwd R (2) (6:00)

3 & 4 Step fwd L (3), Make a ¼ turn R placing weight onto R (4) (9:00)

5 & 6 Cross L over R (5), Make a ¼ turn L stepping back on R (&), Make a ½ turn L stepping fwd on L (6) (12:00)

7 & 8 Step R fwd while bending L knee (7), Step Left fwd while bending R knee (8) (12:00)

Contact email: bren.stith26@gmail.com
