

Work This Body

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Improver
编舞者: Hayley Wheatley (UK) - March 2016
音乐: Work This Body - WALK THE MOON : (Album: Talking Is Hard)



Intro:- 16 Counts (Start on vocals)

Restart: On Wall 4 facing 6:00

Tag: At the end of wall 10

SIDE STEP, TOUCH, COASTER STEP, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN RIGHT

1-2 Step right foot to right side, Touch left foot next to right
3&4 Step back on left foot, step right foot next to left, step forward on left foot
5-6 Rock forward onto right foot, recover onto left
7&8 Shuffle ½ turn right stepping R, L, R (6:00)

HEEL SWITCHES, DOUBLE KNEE POP, HEEL SWITCHES, DOUBLE KNEE POP (or Hip Rolls)

1&2& Tap left heel forward, step back onto left foot, tap right heel forward, step right foot to right side
3-4 Bring Both knees inward to meet eachother, bring both knees apart
5&6& Tap left heel forward, step back onto left foot, tap right heel forward, step right foot to right side
7-8 Bring Both knees inward to meet eachother, bring both knees apart

Harder alternative (2 double pops): Bring knees together and apart twice

NB: If the knee pops don't feel natural, they can be replaced with hip rolls circling CCW (or hip bumps)

CROSS STEP, STEP BACK, STEP ¼ TURN, DRAG, ROCKING CHAIR

1-2 Cross left foot over right, step back on right foot,
3-4 Making ¼ turn left step left foot to left side, drag right foot to touch beside left
Restart here during wall 4
5-6 Rock back onto right foot, recover onto left
7-8 Rock forward onto right foot, recover onto left (3:00)

STEP BACK RIGHT, TOUCH LEFT TOE BACK, LOOK BACK, SHUFFLE HALF, CROSS STEP, STEP BACK

1-2 Step back on right foot, touch left toe behind
3-4 Open body to left and look 1/4 turn left keeping weight on ball of right foot, close body back to 3:00 (weight on right)
5&6 Shuffle ½ turn left stepping L,R,L
7-8 Cross right foot over left, step back on left foot (9:00)

Tag: At the end of wall 10 the music fades into a "fake ending". During music break perform the following:

1- Cross Right foot over left
2-4 Unwind ½ turn left over 3 counts Restart the dance again facing 6:00

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