

Make You Move

COPPER KNOB
BY STEPHEN HETS

拍数: 144 墙数: 0 级数: Phrased High Intermediate
编舞者: Scott Blevins (USA) - May 2016
音乐: Get Up (SB Mix) - Vernon Burch : (very hard to find but will be available, NOT on amazon)



#32 count intro to start on lyrics

Sequence: Front wall all 144 counts, back wall all 144 counts, front wall 65-144, back wall 113-144, side wall 113-144, end facing front wall.

[1-8] HIP CIRCLE, BUMP, ¼ RIGHT, ½ RIGHT, SIDE ROCK WITH ¼ TURN, RECOVER, CROSS, BIG STEP, DRAG

- 1 1) Step R to right circling hips anti-clockwise from back to front
- 2 2) Touch L toward left diagonal and bump to left
- 3-4 3) Turn ¼ right stepping L back [3:00]; 4) Turn ½ right stepping R forward [9:00]
- 5&6 5) Turn ¼ right rocking L to left [12:00]; &) Recover to R; 6) Step L across R
- 7-8 7) Step R a big step right; 8) Drag L toward R

[9-16] BALL CROSS, ¼ LEFT, STEP FWD, ¼ PIVOT, CROSS TRIPLE, ¼ RIGHT, ¼ RIGHT

- &1-2 &) Step ball of L beside R heel; 1) Step R across L; 2) Turn ¼ left stepping L forward [9:00]
- 3-4 3) Step R Forward; 4) Turn ¼ left taking weight on L [6:00]
- 5&6 5) Step R across L; &) Step L to left; 6) Step R across L
- 7-8 7) Turn ¼ right stepping L back [9:00]; 8) Turn ¼ right stepping R forward [12:00]

[17-24] ROCK, RECOVER, BALL, ROCK, RECOVER, BALL, STEP, ½ PIVOT RIGHT, STEP, ½ PIVOT RIGHT

- 1-2& 1) Rock L forward in front of R pushing chest fwd; 2) Recover to R; &) Step ball of L beside R
- 3-4& 3) Rock R forward in front of L pushing chest fwd; 4) Recover to L; &) Step ball of R beside L
- 5-6 5) Step L fwd; 6) Turn ½ right taking weight on R [6:00]
- 7-8 7) Step L fwd; 8) Turn ½ right taking weight on R [12:00]

[25-32] SNAKE LEFT, SNAKE RIGHT. STEP LEFT, SWEEP, BEHIND, SIDE, FORWARD

- 1-2 1) Begin a snake body roll to left as you step L to left; 2) Complete snake touching R beside L
- 3-4 3) Begin a snake body roll to right as you step R to right; 4) Complete snake touching L beside R
- 5-6 5) Step L to left; 6) Step R behind L and sweep L to left and back
- 7&8 7) Step L behind R; &) Step R to right; 8) Step L forward

[33-40] TRIPLE FORWARD, ROCK, RECOVER, ½ TURN LEFT, TRIPLE FORWARD, ROCK, RECOVER

- 1&2,3,4 1) Step R fwd; &) Step ball of L to R; 2) Step R fwd; 3) Rock L forward; 4) Recover to R
- &5&6 &) Turn ½ left on R [6:00]; 5) Step L fwd; &) Step ball of R to L; 6) Step L fwd
- 7-8 7) Rock R forward; 8) Recover to L

[41-48] ½ RIGHT, STEP, CROSS, STEP RIGHT, SWEEP, BEHIND, ¼ LEFT, FORWARD, WALK, WALK

- a1-2 a) Turn ½ right [12:00]; 1) Step down on R as you bring L up to R calf; 2) Step L across R
- 3-4 3) Step R to right; 4) Step L behind R and sweep R to right and back
- 5&6 5) Step R behind L; &) Turn ¼ left stepping L forward [9:00]; 6) Step R forward
- 7-8 7-8) Walk L, R

[49-56] ¼ RIGHT C BUMP, FULL TURN RIGHT, STEP LEFT, AND POINT, AND POINT, CROSS, ANGLE, TOGETHER

- 1&2 1) Turn ¼ right bumping L hip up and to the left [12:00]; &) Step down on L bumping hips to center and right; 2) Bump L hip down to left side ending in a sit position with weight on L

- 3& 3) Turn $\frac{1}{4}$ right stepping forward on R; &) Turn $\frac{3}{4}$ right on R (Note: 3& is a full turn done on the spot)
- 4 4) Step L a small step to left
- &5&6 &) Step R beside L; 5) Point L to left; &) Step L beside R; 6) Point R to right
- 7&8 7) Step R across L; &) Step L to left angling body to face 1:00; 8) Step R beside L pushing hips back [1:00]

[57-64] WALK, WALK, WALK, WALK, WALK, WALK, CROSS TRIPLE

- 1,2,3,4,5,6 Making a $\frac{7}{8}$ th turn to the right, walk forward L-R-L-R-L-R clockwise from 1:00 to 12:00
- 7&8 7) Step L across R; &) Step R to right; 8) Step L across R

[65-72] MAMBO SIDE RIGHT, MAMBO SIDE LEFT, CHASE TURN, $\frac{1}{2}$ RIGHT, $\frac{1}{2}$ RIGHT

- 1&2 1) Rock R to right; &) Recover to L; 2) Step R beside L
- 3&4 3) Rock L to left; &) Recover to R; 4) Step L beside R
- 5&6 5) Step R forward; &) Turn $\frac{1}{2}$ left taking weight on L [6:00]; 6) Step R forward
- 7-8 7) Turn $\frac{1}{2}$ right stepping L back [12:00]; 8) Turn $\frac{1}{2}$ right stepping R forward [6:00]

[73-80] HOP FWD and REACH, HOLD, HOP BACK and BEND, HOLD, BUMP 3X, CLOSE WITH CLAP

- &1-2 &) Step L a small step fwd; 1) Step R beside L as you reach R hand as high as you can pointing to the sky; 2) Hold
- &3-4 &) Step L a small step back; 3) Step R beside L, keeping knees locked bend fwd from the waist up and point R hand toward the floor; 4) Hold
- 5,6,7 5-6-7) Unbend from waist up as you step R to right and bump hips 3X
- Note: On counts 5-7 feet should be a shoulder's width apart, with weight evenly over both feet and knees bent.**
- 8 8) Straighten knees as you transfer weight to L touching R beside L and clap hands

[81-96] REPEAT COUNTS 65- 80 (facing 12:00 after count 88)

[97-104] SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, FORWARD

- 1,2,3&4 1) Rock R to right, 2) Recover to L; 3) Step R behind L; &) Step L to left; 4) Step R across L
- 5,6,7&8 5) Rock L to left, 6) Recover to R; 7) Step L behind R; &) Step R to right; 8) Step L forward

[105-112] STEP, $\frac{1}{2}$ PIVOT LEFT, TRIPLE FORWARD, STEP, $\frac{1}{2}$ PIVOT RIGHT, $\frac{1}{4}$ TURN RIGHT, POINT WITH LOOK

- 1,2,3&4 1) Step R forward; 2) Turn $\frac{1}{2}$ left taking weight L [6:00]; 3) Step R fwd; &) Step ball of L to R; 4) Step R fwd
- 5-6-7 5) Step L forward; 6) Turn $\frac{1}{2}$ right taking weight on R [12:00]; 7) Turn $\frac{1}{4}$ right stepping L to left [3:00]
- 8 8) With L knee slightly bent, rotate body left from waist up as you look and point R hand to left while pointing R foot to right [3:00]

[113-120] ROLLING VINE RIGHT, TOUCH, LEFT, BEHIND, $\frac{1}{4}$ LEFT, STEP FORWARD

- 1,2,3,4 1) Turn $\frac{1}{4}$ right stepping R fwd; 2) Turn $\frac{1}{4}$ right stepping L to left; 3) Turn $\frac{1}{2}$ right stepping R to right; 4) Touch L
- 5,6,7,8 5) Step L to left; 6) Step R behind L; 7) Turn $\frac{1}{4}$ left stepping L forward [12:00]; 8) Step R forward

Note: For style, add popping the free knee - 5) Pop R knee; 6) Pop L knee; 7) Pop R knee; 8) Pop L knee

[121-12] STEP, $\frac{1}{4}$ PIVOT, CROSS TRIPLE, STEP, $\frac{1}{2}$ PIVOT, CROSS, STEP BACK

- 1,2,3&4 1) Step L fwd; 2) Turn $\frac{1}{4}$ right taking weight on R [3:00]; 3) Step L across R; &) Step R to right; 4) Step L across R
- 5,6,7,8 5) Step R forward; 6) Turn $\frac{1}{2}$ left taking weight on L [9:00]; 7) Step R across L; 8) Step L back

[129-136] PUSH STEP, PUSH STEP, PUSH STEP, TOUCH, ROLLING VINE LEFT WITH $\frac{1}{4}$ TURN LEFT, STEP FWD

- a1a2a3 a) Push off ball of L; 1) Step (land on) R to right extending L to left; a) Step ball of L beside R;
2) Pushing off ball of L, step (land on) R to right extending L to left; a) Step ball of L beside R;
3) Pushing off ball of L, step (land on) R to right extending L to left
- 4 4) Touch L beside R
- 5,6,7,8 5) Turn $\frac{1}{4}$ left stepping L fwd; 6) Turn $\frac{1}{2}$ left stepping R back; 7) Turn $\frac{1}{2}$ left stepping L fwd; 8)
Step R fwd [6:00]

[137-144] ROCK, RECOVER, COASTER STEP, CROSS, BACK, SIDE, CROSS

- 1,2,3&4 1) Rock L forward; 2) Recover to R; 3) Step L back; &) Step R beside L; 4) Step L forward
- 5,6,7,8 5) Cross R over L; 6) Step L back; 7) Step R to right; 8) Step L across R

Enjoy!

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