

Watch Me

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Willie Brown (SCO) - June 2016
音乐: Watch Me Do - Meghan Trainor



Intro; 16 counts – approx 10 seconds

Tag; At end of wall 7 - see note below

Alternative music; 'Schoolyard King' by Sonny Cleveland – No Tags, No Restarts!!

SECTION 1 – STEP FORWARD, ½ TURN, ¼ SAILOR CROSS, ROCK & CROSS, ROCK, HITCH, CROSS, SIDE

1,2 Step forward on Right, turn ½ Right and step back on Left [6]
3&4 Cross Right behind Left, turn ¼ Right and step Left to Left side, cross Right over Left [9]
5&6 Rock Left out to Left side. Recover weight on Right, cross Left over Right
&7 Rock Right out to Right side, recover weight on to Left as you hitch Right up
8& Cross Right over Left, step Left to Left side

SECTION 2 – HIP ROLL ¼ TURN, BACK, ¼ PIVOT, HIP BUMPS, BEHIND-SIDE-FORWARD

1,2 Roll hips clockwise from Right to Left turning body ¼ Right taking weight on Left [12]
3&4 Step back on Right, pivot ¼ Right [3]
5&6& 'Sit' into Right hip taking weight on Right, bump hips up and forward to Left diagonal, repeat
7&8 Cross Left behind Right, step Right to Right side, step forward on Left

SECTION 3 – FULL PIVOT TURN, BACK-TOGETHER-HEEL-TOGETHER-SWIVEL TOE-HEEL, APPLEJACK x2

1,2 Step forward on Right, pivot ½ Left taking weight on Left
3 Turn ½ Left and step back on Right [3]
4&5 Step back on Left, close Right beside Left, touch Left heel forward
&6& Step Left beside Right, swivel Right toe to Right side, step Right heel to Right side
7& With weight on Left heel and Right toe swivel Left toe and Right heel to Left, return to centre
8& With weight on Right heel and Left toe swivel Right toe and Left heel to Right, return to centre

SECTION 4 – SIDE, BEHIND-¼-TOE STRUT, ½ PIVOT, STEP, DRAG, BACK ROCK, RECOVER

1 Step Left to Left side
2&3 Cross Right behind Left, turn ¼ Left and step slightly forward on Left, press forward on Right toe[12]
4 Drop Right heel taking weight whilst sliding Left foot back
5,6 Step forward on Left, pivot ½ Right taking weight on Right [6]
7 Turn ¼ Right and step Left to Left side □ [9]
8& Rock slightly back on Right, recover forward on Left

...START AGAIN...

Tag; 8 counts at end of wall 7, facing 3 o'clock – repeat last 6 counts of dance then add ½ pivot;

1,2 Press forward on Right toe, drop Right heel taking weight whilst sliding Left foot back
3,4 Step forward on Left, pivot ½ Right taking weight on Right
5 Turn ¼ Right and step Left to Left side
6& Rock slightly back on Right, recover forward on Left
7,8 Step forward on Right, pivot ½ Left taking weight on Left

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