

All Night Anthem

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kayla Cosgrove (USA) - June 2016
音乐: Anthem - Thomas Rhett



Restart – Wall 3 – Back Wall

S1: □ STOMP LIFT, STOMP LIFT, SISSCOR ¼, SIDE CROSS SIDE, HIPS

1&2& Stomp R to R(1) Lift L heel up behind R leg(&) Stomp L to L(2) Lift R heel up behind L leg(&)
3&4 Side rock R(3) Step L together(&) ¼ R crossing R over L(4)
5&6 Step L to L(5) Cross R over(&) Step L to L(6)
7&8 Bump Hips L(7) Push hips slightly back and R(&) Thrust hips fwd(8)(weight to R) Facing 3 o'clock

Optional hands/arms: As you bump hips L, cross R arm across body toward L hip, As you bump hips slightly back and to the R, cross L arm across body to R hip, As you thrust hips fwd uncross both arms, pulling them back to your sides

****Restart happens here on wall 3 after 7&8, count 8 shift weight to L to start again****

S2: □ ¼ SAILOR HITCH, TOE AND HITCH MAKING ½ LEFT, STEP ½ LEFT, BEHIND SIDE ¼ LEFT

1&2 ¼ L Stepping L behind R(1) Step R to R(&) Hitch L knee up opening to L angle 1/8(2)
&3&4 Step L down(&) Touch R toes to L heel making 1/8 L(3) Step R down making ¼ L(&) Hitch L knee up(4)
&5,6 Step L down(&) Step R fwd(5) ½ turn L shifting weight to L(6)
7&8 Step R behind L(7) Step L slightly out to L making 1/8 L(&) 1/8 L stepping R to R - Facing 9 o'clock

S3: □ CROSS ROCK SIDE, KNEE IN OUT PUSH, JAZZ BOX ½, 1 ¼ RIGHT SWEAP

1&2 Cross rock L over R(1) Recover R(&) Step L to L(2) Feet a little wider than shoulder width apart
3&4 Drop R knee down and in towards L knee(3) Push R knee out putting weight on R(&) Push off R ft shifting weight to L(4) (This can be as big or small as you want it to be)
5&6 Cross R over L(5) Step L back making ¼ turn R(&) Step R fwd making ¼ turn R
7&8 Step L back making ½ turn right(7) Step R fwd making ½ turn right(&) Step L to L making ¼ turn to R as you sweep R foot around to back(8) Facing 6 o'clock

Easy option for turn:

7&8 Step L side making ¼ turn right(7) Cross R over L(7) Step L to L side(8)

S4: □ BEHIND SIDE CROSS, SIDE ROCK RECOVER FORWARD, POINT SIDE, MONTEREY ¾, FLICK

1&2 Step R behind L(1) Step L to L(&) Cross R over L(2)
3&4 Rock L to L(3) Recover to R(&) Step L forward and across R(4)
5&6 Point R toe to R side(5) Quickly step R in underneath you(&) Point L toes to L side(6)
7,8 Turn ¾ turn L on ball of R foot, dragging the L in(7) Step down on L and flick R foot back(8)

For extra fun you can really "hop" onto the L foot and flick the R