

Keep It Groovin'

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: High Intermediate
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音乐: Keep It Groovin' - Extreme Music : (Album: Superfunk)



#16 count intro to start on lyrics

(1 Restart occurring after count 32& on rotation 3)

[1-8] SIDE, HOLD, BALL, ROCK, RECOVER, RIGHT SAILOR, BEHIND, SIDE, CROSS

- 1-2 1) Step R to right; 2) Hold - Optional arms: 1) Put hands out to sides palms down; 2) Hold hand position
&3-4 &) Step L beside R; 3) Rock R to right; 4) Recover to L
5&6 5) Step ball of R behind L; &) Step ball of L to left; 6) Step R to right
7&8 7) Step L behind R; &) Step R to right; 8) Step L across R

[9-16] SIDE, TOUCH, ¼ LEFT, ½ LEFT, ½ LEFT, PREP, ½ RIGHT, ½ RIGHT

- 1-2 1) Step R to right; 2) Touch L beside R
Optional arms: 1&) Circle R arm clockwise two small circles; 2) Snap fingers to R
3-4 3) Turn ¼ left stepping L forward [9:00]; 4) Turn ½ left stepping R back [3:00]
5-6 5) Turn ½ left stepping L forward [9:00]; 6) Step R forward prepping for right turn
7-8 7) Turn ½ right stepping L back [3:00]; 8) Turn ½ right stepping R forward [9:00]

[17-24] STEP, ½ PIVOT, TRIPLE FORWARD, ½ LEFT HIP CIRCLE, HIP BUMP, STEP, ½ LEFT

- 1-2 1) Step L forward; 2) Turn ½ right taking weight on R [3:00]
3&4 3) Step L forward; &) Step ball of R to L heel; 4) Step L forward
5 5) Step R forward circling hips anti-clockwise from back to front as you make ½ turn left [9:00]
6 6) Touch L toe slightly forward bumping L hip forward
7-8 7) Step down on L; 8) Turn ½ left stepping R back [3:00]

[25-32] L TOE STRUT BACK w/SWIM, R TOE STRUT BACK w/SWIM, ¼ RIGHT, SHAKE, ½ LEFT

- 1-2 1) Step L toe back; 2) Drop L heel taking weight on L (Swim R arm fwd over both counts)
3-4 3) Step R toe back; 4) Drop R heel taking weight on R (Swim L arm fwd over both counts)
5& 5&) Turn ¼ right stepping L to left side feet in 2nd position, weight on both feet, shaking hips [6:00]
6&7&8 6&7&8) Relax knees and continue shaking hips making sure you are ready to make a ½ turn left on L
& &) Turn ½ left on L [12:00]

RESTART after this ½ turn on rotation 3 facing the original 6 o'clock wall.

[33-40] CROSS, HOLD, CROSS, HOLD, SIDE ROCK, RECOVER, FWD ANGLE, HOLD

- 1-2 1) Step R forward and across L; 2) Hold
3-4 3) Step L forward and across R; 4) Hold
5-6 5) Rock R to right; 6) Recover to L
7-8 7) Step R fwd and across L toward 11 o'clock; 8) Hold [11:00]

[41-48] ROCK, RECOVER, BACK, ½ RIGHT, WALK AROUND

- 1-2 1) Rock L forward on a diagonal toward 11 o'clock; 2) Recover to R
3-4 3) Step L back; 4) Turn ½ right stepping R forward [5:00]
5,6,7,8 5,6,7,8) Walk around clockwise L-R-L-R ending on a diagonal at 1 o'clock [1:00]

[49-56] TRIPLE FORWARD, STEP, ½ PIVOT, TRIPLE FORWARD, STEP, 5/8 PIVOT

- 1&2 1) Step L forward; &) Step ball of R to L heel; 2) Step L forward
3-4 3) Step R forward; 4) Turn ½ left taking weight on L [7:00]
5&6 5) Step R forward; &) Step ball of L to R heel; 6) Step R forward
7-8 7) Step L forward; 8) Turn 5/8 right taking weight on R [3:00]

[57-64] TRIPLE FORWARD, ANGLE ROCK, RECOVER, CROSS, BACK, SIDE, CROSS

- 1&2 1) Step L forward; &) Step ball of R to L heel; 2) Step L forward
3-4 3) Angle body to face 1 o'clock as you rock R toward 5 o'clock bending knees and swinging hips to right; 4) Swing hips left as you recover to L [1:00]
5-6 5) Step R across L; 6) Step L back
7-8 7) Step R to right squaring up to 3 o'clock; 8) Step L across R [3:00]

Ending: Your final rotation will start facing the original 6 o'clock wall. You will dance through count 26 as written above.

On count 27 you will turn ¼ right stepping R to right side to face the original 12 o'clock wall, on count 28 you will bring R hand down to right side as you snap your fingers and look down toward R foot.

Enjoy!

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