

Awella

COPPER KNOB
BY SHEETS

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Penny Tan (MY), Nina Chen (TW) & EWS Winson (MY) - May 2017
音乐: Awella - Theo Rose



Intro: □ 32 counts in (approx. 21 sec)

Sequence: □ A, B, A (16), A, B, A, B with Ending

Part A (48 counts)

#A1 (1-8) □ R-L Samba Whisks, R Forward Kick, ¼ (R) with R Side, L Inward Knee Pop & R Look, L Recover with R Inward Knee Popped & L Look, R Recover & ¼ (R) with L Sweep □

- 1a2 Weight on LF: Step RF to R side (1), rock LF behind RF (a), recover weight on RF (2) □ 12.00
3a4 Step LF to L side (3), rock RF behind LF (a), recover weight on LF (4) □ 12.00
5&6 Kick RF forward (5), turn ¼ R stepping RF to R side (&), pop L knee inward (6) – look to the right □ 3.00
7-8 Recover L knee to the original position whilst popping R knee inward – look to the left (7), recover R knee to the original position making a ¼ R sweeping LF from back to front (8) □ 6.00

#A2 (9-16) □ L Forward Rock & Recover with L Sweep, L Sailor ¼ (L) with L Forward, R Paddle ¼ (L) with R Heel Sweveled Outward □

- 1-2 Rock LF forward bringing RF behind L ankle in “coupe” (1), recover weight on RF sweeping LF from front to back (2) □ 6.00
3&4 Turn ¼ L crossing LF behind RF (3), step RF to R side (&), step LF forward (4) □ 3.00
5&6& Turn 1/16 L pointing R toes forward while swiveling R heel out to R side (5), return weight to LF while twisting R heel in (&), turn 1/16 L pointing R toes forward while swiveling R heel out to R side (6), return to weight to LF while twisting R heel in (&) □ 1.30
7&8 Turn 1/16 L pointing R toes forward while swiveling R heel out to R side (7), return weight to LF while twisting R heel in (&), turn 1/16 L pointing R toes forward while swiveling R heel out to R side (8) - remain weight on LF *** □ 12.00

Optional styling for 5-8: Try to lift and drop your hips to execute the paddle steps

Restart here on A (16), facing 6.00 o'clock.

#A3 (17-24) □ R-L Vaudeville Steps, 1/8 (R) with R Knee Popped & Styling, R Recover with L Knee Popped & Styling, Hip Bumps □

- 1&2& Cross RF over LF (1), step LF to L side (&), dig R heel diagonally to R side (2), step RF in place (&) □ 12.00
3&4& Cross LF over RF (3), step RF to R side (&), dig L heel diagonally to L side (4), step LF in place (&) □ 12.00
5-6 Turn 1/8 L popping R knee forward – head looks down (5), recover R knee to the original position stepping RF in place while popping L knee forward - head looks up (6) □ 10.30
7&8 Bump hips forward (7), bump hips backward (&), bump hips forward (8) □ 10.30

#A4 (25-32) □ 1/8 (R) with L Side, R Back Flick with Head Tilted, R Side, L Back Flick with Head Tilted, L Side Mambo, R Side Mambo with R Touch □

- 1-2 Turn 1/8 R stepping LF to L side (1), flick RF behind LF (2) – tilt your head to L side □ 12.00
3-4 Step RF to R side (3), flick LF behind RF (4) – tilt your head to R side □ 12.00
Optional styling for 1-4: Circling both index fingers at both sides of your temple as if someone is crazy
5&6 Rock LF to L side (5), recover weight on RF (&), close LF next to RF (6) □ 12.00
7&8 Rock RF to R side (7), recover weight on LF (&), touch R toes beside LF (8) □ 12.00

#A5 (33-40) □ ¼ (R) with R Forward, L Forward, R-L-R Forward Run, ½ (L) with L Forward, R Forward, L-R-L Forward Run □

- 1-2 Turn ¼ R stepping RF forward (1), step LF forward (2) □ 3.00
 3&4 Run RF forward (3), run LF forward (&), run RF forward (4) □ 3.00
Optional styling for 1-4: Raise both arms in the air and swing them to both sides according to the steps
 5-6 Turn ½ L stepping LF forward (5), step RF forward (6) □ 9.00
 7&8 Run LF forward (7), run RF forward (&), run LF forward (8) □ 9.00
Optional styling for 5-8: Raise both arms in the air and swing them to both sides according to the steps

#A6 (41-48) □ R Side with Chest Pump X2, L Together, R Side with Chest Pump X2, L Touch, L&R Out, Hip Roll □

- 1a2 Step RF to R side pumping chest forward twice (1-a), close LF next to RF while contracting chest inward (2) □ 9.00
 3a4 Step RF to R side pumping chest forward twice (3-a), touch L toes beside RF while contracting chest inward (4) □ 9.00
 &5 Step LF to L side (&), step RF to R side (5) – feet are apart □ 9.00
 6-8 Roll hips from L to R slowly for 3 counts (6-7-8) – end weight on LF □ 9.00

Part B (32 counts) – It starts at 9.00 o'clock.

#B1 (1-8) □ L Diagonal with R Syncopated Rocking Chair, R Cross Rock Side, L Paddle ¾ (R) with L Hitched & Side Pointed □

- 1&2& Facing L diagonal – Rock RF forward (1), recover weight on LF (&), rock RF back (2), recover weight on LF (&) □ 7.30
 3&4 Cross rock RF over LF (3), recover weight on LF (&), step RF to R side (4) – square up to the original wall □ 9.00
 &5&6 Lift L knee up beside RF (&), turn 1/8 R pointing L toes to L side (5), lift L knee up beside RF (&), turn ¼ R pointing L toes to L side (6) □ 1.30
 &7&8 Lift L knee up beside RF (&), turn ¼ R pointing L toes to L side (7), lift L knee up beside RF (&), turn 1/8 R pointing L toes to L side (8) □ 6.00

#B2 (9-16) □ R Diagonal with L Syncopated Rocking Chair, L Cross Rock Side, R Paddle Full Turn (L) with R Hitched & Side Pointed □

- 1&2& Facing R diagonal – Rock LF forward (1), recover weight on RF (&), rock LF back (2), recover weight on RF (&) □ 6.00
 3&4 Cross rock LF over RF (3), recover weight on RF (&), step LF to L side (4) – square up to the original wall □ 6.00
 &5&6 Lift R knee up beside LF (&), turn ¼ L pointing R toes to R side (5), lift R knee up beside LF (&), turn ¼ L pointing R toes to R side (6) □ 12.00
 &7&8 Lift R knee up beside LF (&), turn ¼ L pointing R toes to R side (7), lift R knee up beside LF (&), turn ¼ L pointing R toes to R side (8) □ 6.00

#B3 (17-24) □ R Forward Mambo, L Back Mambo, R Forward Diagonal Jump & L Close, Knee Splits, L Back Diagonal Jump & R Close, Knee Splits □

- 1&2 Rock RF forward (1), recover weight on LF (&), close RF beside LF (2) □ 6.00
 3&4 Rock LF back (3), recover weight on RF (&), close LF beside RF (4) □ 6.00
 &5&6 Jump RF forward to R diagonal (&), close LF beside RF (5), split both knees outward (&), return both knees (6) □ 6.00
 &7&8 Jump LF back to L diagonal (&), close RF beside LF (7), split both knees outward (&), return both knees (8) □ 6.00

#B4 (25-32) □ R Forward Mambo, L Back Mambo, R Jazz Box Cross □

- 1&2 Rock RF forward (1), recover weight on LF (&), close RF beside LF (2) □ 6.00
 3&4 Rock LF back (3), recover weight on RF (&), close LF beside RF (4) □ 6.00
 5-8 Cross RF over LF (5), step LF back (6), step RF to R side (7), cross LF over RF (8) □ 6.00

Ending: Dance Part B until count 28, then change R Jazz Box Cross to R Jazz Box ½ R, finishing at 12.00 o'clock.

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