

The Little Fox

COPPERKNOB
BY STEPHEN

拍数: 60 墙数: 1 级数: Phrased Improver
编舞者: Sally Hung (TW) - August 2017
音乐: My Lover (小狐狸) - Amber Kuo (郭采洁)



Sequence of dance: AB Tag1 Tag2/ AB Tag2 Tag3/ A(16 counts) B Tag2 Tag3 Tag2 Tag3/ B Tag2 Tag3
Intro: start on vocals (approx 8 secs)

Tag1(4 counts)

1,2,3,4 knee pop forward RLRL

Tag2 (8 counts)

1&2&3&4 Touch R toe to the R, drop R heel down, touch L toe over R, drop L heel down, rock R to R side, recover onto L, cross R over L

5&6&7&8 Touch L toe to the L, drop L heel down, touch R toe over L, drop R heel down, rock L to L side, recover onto R, cross L over R

Tag3 (8 counts)

1&2&, 3&4& Step R to the R, rock back on L, recover onto R, hold and clap twice, step L to the L, rock back on R, recover onto L, hold and clap twice

5&6&,7&8& Repeat 1&2&,3&4&

Main Dance: SECTION A (32 COUNTS), SECTION B (28 COUNTS)

SECTION A (32 COUNTS)

A1. CROSS, BACK, SIDE CHASSE, CROSS BACK, SIDE CHASSE

1,2,3&4 Cross R over L, step back on L, step R to the R, step L together, step R to the R

5,6,7&8 Cross L over R, step back on R, step L to the L, step R together, step L to the L

A2. SWIVEL & SWIVEL, HOLD, SWIVEL & SWIVEL, HOLD, KICK BALL POINT X2

1&2,3&4 Swivel heels to the R., center, R, hold, swivel heels to the left, center, left, hold

5&6,7&8 Kick R fwd, step on ball of R next to L, touch L toes to the L, kick L fwd, step on ball of R next to R, touch R toes to the R

A3. Repeat A1

A4. Repeat A2

SECTION B (28 COUNTS)

B1. HEELS, TOE, HEELS, TOE, RUN TO THE R, RUN TO THE L

1,2,3,4 Weight on both heels with both arms open, weight on R with L toes up (both arms put together to diagonal L), weight on both heels with both arms open, weight on L with R toes up (both arms put together to R diagonal)

5&6,7&8 Run to the R on R, L, R(both fists to ear level, run to the L on L,R, L(both fists to ears level)

B2, SIDE-RECOVER-TOGETHER X2, KNEE POP, BEND, JUMP

1&2,3&4 Step R to the R(both arms open with fists down), recover onto L, step R together with both fists in front of the chest, step L to the L(both arms open with fists down), recover onto R, step L together with both fists in front of the chest

5&6&,7,8 Knee pop fwd on RLRL with fists knock up on RLRL, bend down a little with fists hold, jump both feet apart with both arms open up widely above head

B3. REPEAT B1

B4. SIDE-RECOVER-TOGETHER X2

1&2,3&4 Step R to the R(both arms open with fists down), recover onto L, step R together with both fists in front of the chest, step L to the L(both arms open with fists down), recover onto R, step L together with both fists in front of the chest

Have Fun

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