

Lightning Strike

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Derek Steele (USA) & John Robinson (USA) - January 2018
音乐: Electricity - Rupert Pope & Giles Palmer : (iTunes, Amazon.com, Amazon.co.uk, Amazon.de)



Intro: 32 counts (start on vocals) No tags, No restarts

[1-8] WALK, WALK, BALL CHANGE 1/4 LEFT, CROSS, SIDE, HOLD/Drag, BALL-CROSS, BACK 1/4 LEFT

1,2 Step R forward (1); Step L forward (2)
&3,4 Turn 1/4 left (9:00) stepping ball of R side right (&); Step L beside R (3); Step R across L (4)
5,6 Step L side left (5); Drag R towards L (6)
&7,8 Step ball of R slightly back (&); Step L across R (7); Turn 1/4 left (6:00), stepping R back (8)

[9-16] 1/4 HINGE TURN, HOLD, & CROSS & CROSS, SIDE STEP W/BODY ROLL, LEFT HEEL TWIST

1,2 Turn 1/4 left (3:00), stepping L side left and looking left with attitude (1); Hold (2)
&3&4 (Look forward) Step R side right (&); Step L across R (3); Step R side right (&); Step L across R (4)
5,6 Step R side right starting side body roll (5); Finish side body roll (weight R) turning L heel in towards R (6)
&7&8 Return L heel to center (&); Twist L heel in towards R (7); Return L heel to center (&); Twist L heel in towards R (8)

[17-24] & CROSS, SIDE, SAILOR HALF, DIAGONAL STEP, DRAG, ROCK FORWARD, RECOVER

&1,2 Step ball of L slightly back (&); Step R across L (1); Step L side left (2)
3&4 Sweep/step R behind L turning 1/4 right (6:00) (3); Turn 1/4 right (9:00) stepping L in place (&); Step R forward (4)
5,6 Big step L toward left diagonal (7:30); Drag R toe beside (6)
7,8 Rock R forward (7); Recover L (8)

[25-32] HAND MOVEMENTS, ELVIS KNEES

1,2 Turn 1/4 right (12:00) stepping R side right reaching R hand straight forward at chest height palm to floor (1); Reach L hand straight forward at chest height palm to floor (2)
3&4 Cross arms over chest placing R palm at front of L shoulder and L palm at front of R shoulder (3); Slide R hand across to front of R shoulder and L hand across to front of L shoulder (&); Start lowering hands (palms down) at sides slowly (4)
5,6 Continue lowering hands (palms down) at sides slowly to hip level (5-6)
7,8 Bend R knee in toward L (7); Straighten R knee bending L knee in toward R (8)

[33-40] CROSS ROCK, RECOVER, CROSS ROCK, RECOVER w/SWEEP, HITCH, FUNKY TRIPLE BACK, HITCH

&1,2 Straighten L knee taking weight (&); Rock R across L (1); Recover L (2)
&3,4 Step R side right (&); Rock L across R facing 1:30 (3); Recover R sweeping L counterclockwise (4)
5,6 Still facing right diagonal (1:30) step L back hitching R knee (5); Step R back popping L knee forward (6)
&7,8 Step L slightly back (&); Step R back popping R knee forward (7); Step L back hitching R knee (8)

[41-48] & STEP FORWARD w/4-COUNT BODY ROLL, HEAD SWING, SHOULDER DIP

&1-4 Still facing right diagonal (1:30), step R slightly back (&); Step L forward starting front to back body roll (1); Finish front to back body roll, weight ending R (2-4)
5,6 Swing head left (5); Swing head right (6) (lyric is "out of my mind")

7&8 Lower L shoulder raising R shoulder (7); Return shoulders to center (&); Lower L shoulder raising R shoulder (8)

[49-56] COVER HEART, MAKE HEART, BEAT HEART, 1/2 PIVOT LEFT, WALK, WALK

1,2 Place hands L over R, palms facing front of chest at heart level (1); Make "heart shape" with hands in front of chest at heart level (2)
3,4 Keeping "heart shape" for counts 3&4: move hands out slightly from chest (3); Move hands in towards chest (&); Move hands out slightly from chest (4)
5,6 (Lower hands) Step R forward (5); Turn 1/2 left (7:30) taking weight L (6)
7,8 Step R forward (7); Step L forward (8)

[57-64] BALL-CHANGE, CROSS, BALL-CHANGE, FORWARD, ROCK FORWARD, RECOVER, STEP BACK, DRAG/CLOSE

&1,2 Rock ball of R side right turning 1/4 left (4:30) (&); Recover L (1); Step R across L (2)
&3,4 Rock ball of L side left turning 1/8 right (6:00) (&); Recover R (3); Step L forward (4)
5,6 Rock R forward (5); Recover L (6)
7,8 Large R step back dragging L heel (7); Step L beside R (8)

Start again and enjoy!

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