

# Hook Me Up

**COPPER KNOB**  
BY STEPHEN METZ

拍数: 32                      墙数: 1                      级数: Beginner  
编舞者: John Robinson (USA) - July 2011  
音乐: Dance Dance Dance - Wilson Phillips



**RECOMMENDED MUSIC:** "Dance Dance Dance" by Wilson Phillips (Album: California or Princess Diaries 2 Soundtrack) (16-count intro).

**PRACTICE MUSIC:** "Jump On The Rhythm And Ride (Dance)" by Kool & The Gang (Album: Unite) (32-count intro); "Vevo Vevo" by Hot Banditoz (Album: Bodysmaker) (32-count intro); this song requires a 2-beat hold (it's fun to shimmy in place of the hold) to stay on phrase after 2nd and 7th repetitions—I use this to teach beginners how to hear phrasing properly.

## HEEL HOOK COMBINATION (R THEN L)

1,2                      Tap R heel forward (1), Hook R across L shin (2)  
3,4                      Tap R heel forward (3), Step R next to L (4)  
5,6                      Tap L heel forward (5), Hook L across R shin (6)  
7,8                      Tap L heel forward (7), Step L next to R (8)

## TOE FANS (R THEN L)

1,2                      Turn R toe out (1), Return home (2)  
3,4                      Turn R toe out (3), Return home shifting weight to R (4)  
5,6                      Turn L toe out (5), Return home (6)  
7,8                      Turn L toe out (7), Return home shifting weight to L (8)

## ANGLED STEP-TOUCHES (WITH CLAPS) TRAVELING BACK

1,2                      Step R back diagonally right (1), Touch L next to R/clap (2)  
3,4                      Step L back diagonally left (3), Touch R next to L/clap (4)  
5,6                      Step R back diagonally right (5), Touch L next to R/clap (6)  
7,8                      Step L back diagonally left (7), Touch R next to L/clap (8)

## STEP FORWARD, CLOSE, STEP FORWARD, TOUCH (R THEN L)

**Styling:** Add "shoop shoop" arms to these counts to increase the fun!

1,2                      Step R forward (1), Step L next to R (2)  
**(option: do a "lock" step on count 2)**  
3,4                      Step R forward (3), Touch L next to R (4)  
5,6                      Step L forward (5), Step R next to L (6)  
**(option: do a "lock" step on count 6)**  
7,8                      Step L forward (7), Touch R next to L (8)

(To make this a 4-wall dance, turn 1/4 left on count 7. I always teach this as a 4-wall dance but it can be done as a 1-wall for true beginners.)

**START AGAIN AND ENJOY!**

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