

Super Fun!!! (4-count Hustle for 3)

COPPER KNOB
BY STEPHENETS

拍数: 42 墙数: 0 级数: Intermediate
编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - April 2018
音乐: Boss Up - SONNY OH!



NOTE: Spot dance. Starting position is Lead (LD) facing Follows with LH/RH hold with Follow (FW) on L, and RH/RH hold with FW on R. Follows should try to stay roughly one single arm length apart most of the time and maintain tone in arms for quick response to leads. Take your time and feel free to do additional basic and turning basic patterns. Also, throw in other patterns if known and once the team is ready to incorporate them.

A) BASIC X 2

- 1-2 LD: Rock back on LF, recover on RF; FW (both): Rock back on RF, recover on LF
3-4 LD: Rock forward on LF, recover RF; FW (both): Rock forward on RF, recover on LF
1-4 Repeat 1-4 above

B) TURNING BASIC X 2

- 1-2 LD: Rock back on LF, step RF across LF; FW (both): Rock back on RF, recover on LF
3-4 LD: Rotate R and step L on LF, slide RF beside LF; FW (both): Step RF across LF, rotate R and recover back on LF
1-4 Repeat 1-4 above

C) INSIDE TURN

- 1-2 LD: Rock back on LF, recover RF; FW (both): Rock back on RF, recover on LF
3-4 LD: Small step diagonal back to L on LF, step RF beside LF (Raise L and R arms high to R and around and down to lead FWs in inside turns); FW (both): Step RF across LF and pivot roughly ½ turn L, step back on LF

D) OUTSIDE TURN

- 1-2 LD: Rock back on LF, recover RF (Allow arms to follow through to R after inside turns to build connection and torque to assist in reversing motion of FWs for outside turns); FW (both): Rock back on RF, recover on LF
3-4 LD: Step FWD ¼ turn L so L heel is close to instep of RF in third position, turn RF ¼ L and step slightly back of LF (Raise L and R arms high to L and around and down to lead FWs in outside turns); FW (both): Step diagonal forward R and pivot roughly ½ turn R, step back on LF

E) SIMULTANEOUS OUTSIDE & INSIDE TURNS

- 1-2 LD: Rock back on LF, recover on RF; FW: Rock back on RF, recover on LF
3-4 LD: Lead outside turn for FW on L and inside turn for FW on R and step forward ¼ turn L on LF, step RF beside LF (Raise L arm to L and R arm to R simultaneously so L Follow can do an outside turn, and R Follow can do an inside turn. End facing L Follow with L arm in front of body, and back to front of R Follow with R arm behind back; R-FW: Step RF across LF and pivot roughly ½ turn L, step back on LF; L-FW: Step diagonal forward R and pivot roughly ½ turn R, step back on LF

F) RELEASE HANDS AND LEAD SPINS FOR WAIST SLIDE TO CROSSED ARMS

- 1-2 LD: Rock back on LF, recover on RF; FW: Rock back on RF, recover on LF
3-4 LD: Release RH and LH holds and swing R arm forward and around in front of body as LF steps ¼ L, keep LH below RH and in front of body to R side and reach RH around L side crossing arms at elbows and RH picks up RH of Follow to L and LH picks up RH of Follow to R as RF takes small step and ½ turn pivot L; FW (both): Rock back on RF, recover on LF

G) FOLLOWS CHANGE SIDES

- 1-2 LD: Rock back on LF, recover on RF; FW: Rock back on RF, recover on LF

3-4 LD: Step LF back and lead R Follow with LH under raised R arm, RF beside LF and both Follows turn to face Lead; R-FW: Step forward on RF and under R arm of LD, step forward and pivot L to end facing LD roughly one single arm length to R of other FW; L-FW: Step diagonal forward L around other FW who is going under R arm of LD, step around slightly to R and pivot enough to face LD and end about one single arm length to L of other FW

H) DOUBLE INSIDE TURNS (OR 2-4 SPINS, IF FOLLOWS ARE UP FOR IT)

1-2 LD: Rock back on LF, recover on RF; FW: Rock back on RF, recover on LF

3-4 LD: Lead inside turns as in C above but keep lead hands high and ready to stir Follows for another 3-4 turn (Alt. Lead two spins for first 3-4 counts. Drop lead hands at end of the double spins, or continue for two more spins for another set of 3-4 counts – be sure FWs are okay with this before attempting the spins); FW (both): Two L turning $\frac{1}{2}$ pivots diagonal forward to L (or two full spins if going for more excitement)

3-4 Repeat 3-4 above

REPEAT

Last Update - 2 May 2023
