

Fame

COPPER KNOB
BY STEPHENETS

拍数: 104 墙数: 0
编舞者: Ivonne Verhagen (NL) - May 2019
音乐: Fame - Irene Cara



Intro 1: 16 counts

Order to dance:

Intro 2 – A-A-B-C-A-A-A-B-C-A-B(1/2) -C(TO A GROUP)

Intro 2: Group 1 come on the floor the first 16 counts and end with arms up.

Group 2 come on the floor the next 16 counts and end with arms up (Group 1 is frozen during group 2)

PART A: 32 counts

A[1-8] WALK DIAGONAL FORWARD R-L-R KICK, WALK BACKWARDS L-R-L JUMP

1,2,3,4 Step diagonal (to the right) forward (R-L-R), LF kick diagonal right forward (Lift right hand)

5,6,7,8 Step back (L-R-L), jump on both feet in place and clap

A[9-16] WALK DIAGONAL FORWARD R-L-R KICK, WALK BACKWARDS L-R-L JUMP

1,2,3,4 Step diagonal (to the left) forward (R-L-R), LF kick diagonal right forward (Lift right hand)

5,6,7,8 Step back (L-R-L), jump on both feet in place and clap

A[17-24] 2 X PIVOT ½ LEFT, OUT OUT IN IN

1,2,3,4 RF Step forward (both arms up) , ½ turn left, RF Step forward (both arms up), ½ turn left

5,6,7,8 RF step out, LF step out, RF step in, LF step in

A[25-32] FULL ROLLING VINE RIGHT, FULL ROLLING VINE LEFT

1,2,3,4 ¼ turn right & RF step forward, ½ turn right & LF step back, ¼ turn right & RF step side, LF touch to RF

5,6,7,8 ¼ turn left & LF step forward, ½ turn left & RF step back, ¼ turn left & LF step side, RF touch to LF

PART B: 64 counts

B[1-8] JUMP BOTH FEET OUT, HOLD 3 COUNTS, SIDE, TOUCH, SIDE TOUCH

1,2,3,4 jump both feet out (both arms up) hold for 3 counts

5,6,7,8 RF step side, LF touch to RF, LF step side, RF touch to LF (Wave arms to right and left)

B[9-16] SIDE, TOUCH, SIDE TOUCH, FULL ROLLING VINE RIGHT

1,2,3,4 RF step side, LF touch to RF, LF step side, RF touch to LF (Wave arms to right and left)

5,6,7,8 ¼ turn right & RF step forward, ½ turn right & LF step back, ¼ turn right & RF step side, LF touch to RF

B[17-24] ¼ TURN LEFT, LEFT RIGHT KNEE, HOLD 2 COUNTS, SIDE, TOUCH, SIDE TOUCH

1,2,3,4 ¼ turn left & N LF step forward, Right knee up, hold 2 counts (lift Right hand)

5,6,7,8 RF step side, LF touch to RF, LF step side, RF touch to LF (right arm over head to the right and left)

B[25-32] SIDE, TOUCH, SIDE TOUCH, WALK 1 FULL TURN RIGHT (R-L-R-L)

1,2,3,4 RF step side, LF touch to RF, LF step side, RF touch to LF (right arm over head to the right and left)

5,6,7,8 ¼ turn right & RF step , ¼ turn right & LF step , ¼ turn right & RF step , ¼ turn right & LF step

B[33-40] STEP RF, LEFT KNEE UP, HOLD 2 COUNTS, STEP DIAGONAL BACK, TOUCH, STEP DIAGONAL FORWARD, TOUCH

1,2,3,4 RF step forward, LF lift knee up, hold 2 counts (Lift right hand)

5,6,7,8 RF step diagonal back (snap fingers and bend knees), LF touch to RF, LF step diagonal left forward, RF touch to LF

B[41-48] STEP DIAGONAL BACK, TOUCH, STEP DIAGONAL FORWARD, TOUCH, FULL ROLLING VINE RIGHT

1,2,3,4 RF step diagonal back (snap fingers and bend knees), LF touch to RF, LF step diagonal left forward, RF touch to LF

5,6,7,8 ¼ turn right & RF step forward, ½ turn right & LF step back, ¼ turn right & RF step side, LF touch to RF

B[49-56] STEP SIDE, BODYROLL LEFT AND COME UP, WALK 3X, KICK

1,2,3,4 LF step side, bodyroll to the left side, finish weight on LF, RF touch to LF

5,6,7,8 LF step forward, RF step forward, LF step forward, RF kick

B[57-64] WALK BACK 3X, TOUCH, WALK FORWARD 3X KICK

1,2,3,4 RF step back, LF step back, RF step back, LF touch to RF

5,6,7,8 LF step forward, RF step forward, LF step forward, RF kick

PART C: (Remember -remember – remember...) 8 counts

BOUNCE AND BOUNCE AND BOUNCE AND BOUNE...

1&2&3&4&5&6&7&8 Step (bounce) on LF, Weight on ball of RF, repeat this 8 times (4 COUNTS ARMS UP, 4 COUNTS DOWN)

Finish: After wall 3 repeat count 97 till 128

Have fun!!

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