

Policeman

COPPERKNOB
BY STEPHEN

拍数: 32
编舞者: Paul Steinborn (DE) - August 2019
音乐: Policeman - Eva Simons

级数: Easy Intermediate - Funky



Restart: 3rd & 5th Walls (after 16 counts)

Section 1: OUT-OUT/IN-IN/2X OUT-OUT/HITCH R/STEP BACK/HITCH L/STEP BACK L/HITCH R/CHASSE

- & 1 & 2 Step diag. forw. on R (&), Step diag. forw. on L (1), Step back in centre on R (&), Step back in centre on L (2)
- & 3 & 4 Step diag. forw. on R (&), Step diag. forw. on L (3), Step diagonal. forw. on R (&), Step diag. forw. on L (4)
- & 5 & 6 Hitch R (&), Step back on R (5), Hitch L (&), Step back on L (6)
- & 7 & 8 Hitch R (&), Step side on R (7), Step together on L (&), Step side on R (8)

Section 2: TOGETHER/SWING R LEG FROM BACK TO FRONT/CROSS/SIDE L/SIDE R/2X TWIST/CROSS BEHIND/ 1/4 TURN L WITH STEP FORWARD/OUT-OUT/HOLD/2X TWIST RF

- & 1 2 Step together on L (&), Swing R leg from back to front (1), Cross over on R (2)
- & 3 & 4 Step side on L (&), Step side on R (3), Twist both heels to R (&), Twist both toes to R (4)
- 5 & 6 & Cross behind on R (5), 1/4 turn L with Step forw. on L (&), Step diag. forw. on R (6), Step diag. forw. on L (&) (9:00)
- 7 & 8 Hold (7), Twist R heel to centre (&), Twist R toe to centre (8)

***Restart in Wall 3 & 5**

Section 3: CROSS MAMBO/SIDE MAMBO/CROSS MAMBO/SIDE MAMBO/FULL TURN ON KNEE (OR OPTION)/STANDING UP/CLAP

- 1 & 2 & Cross mambo R (1), Recover weight on L (&), Side mambo on R (2), recover weight on L (&)
- 3 & 4 & Cross mambo on R (3), Recover weight on L (&), Cross mambo on R (4), Recover weight on L (&)
- 5 6 Step forw. on R with start to slide on R knee (5), Push LF for full turn on R - end with step diag. on L (6)
- 7 8 Step together on R & start standing up (7), Finish standing up & Clap (8),

Section 4: HITCH/TOGETHER/HITCH/TOGETHER/OUT-OUT/IN-IN/PADDLE 3/4 TURN BACKWARDS R/STEP BACK/STEP FORWARD

- & 1 & 2 Hitch L & "clean L shoulder with R hand (&), Step together on L (1), Hitch R & "clean R shoulder with L hand (&), Step together on R (2)
- & 3 & 4 * Step diag. forw. on L (&), Step diag. forw. on R (3), Step in centre on L (&), Touch together on R (4)
- 5 6 1/4 turn backw. R with point R - (12:00) (5), 1/4 turn backw. R with point R - (3:00) (6)
- 7 & 8 1/4 turn backw. R with point R - (6:00) (7), Step back on R (&), Step forw. on L (8)

***Arm movements for counts &3&4: Turning both arms from right to left (2x)**

Option for Section 3 (counts 5 - 8):

- 5 Step forw. on R and swing L leg from back to front
- 6 Full turn R
- 7 Step side on L with starting bodyroll from down to up
- 8 Finish body-roll

Start again!

