

Out With A Bang

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate
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音乐: Bang! - AJR



Pattern sequence: AA BB AA BB TAG A BB
#16 count intro

PART A:

STEP BUMP BUMP, STEP BUMP BUMP

- 1-4 Bump hips forward as you step right foot forward, bump hips back, bump hips forward, lift left foot to prep for next step
5-8 Bump hips forward as you step left foot forward, bump hips back, bump hips forward, lift right foot to prep for next step

HEEL GRIND, ¼ TURN, LOCK STEP, BRUSH

- 1-2 Touch right heel to the floor next to left, grind right heel ¼ turn to the right
3-4 Step right foot (still turned ¼ turn) behind left foot, step left foot next to right
5-6 Step right foot forward, cross left foot behind right
7-8 Step right foot forward, brush left foot next to right

STEP ¼ TURN CROSS, SIDE ROCK CROSS ROCK

- 1-4 Step left foot forward, step right foot ¼ turn right, cross left foot over right, hold
5-6 Step right foot to the side as you rock right, rock left on your left foot
7-8 Cross right foot behind your left as you rock on right, rock left on your left foot

STEP, SQUAT, SQUAT, JUMP

- 1-2 Step right foot next to left, hold
3 Squat slightly as you make fists and raise your arms straight in front of you at stomach level
4 Squat as if you are going to sit in a chair as you raise your arms straight in front of you at chest level
5-8 Jump up, landing with both feet a shoulder width apart and arms straight down at your sides. Hold this position for counts 6-8, relax fists on count 8.

PART B:

TOE PIVOT STEP, TOE PIVOT STEP

- 1-2 As you point right toe slightly forward turn your right knee in towards your left knee and bump your hips forward, pivot on your right toe so your right leg is facing forward as you bump your hips left
3-4 Step right next to left, point left toe slightly forward
5-6 Turn your left knee in towards your right knee and bump your hips forward, pivot on your left toe so your left leg is facing forward as you bump your hips right
7-8 Step left foot slightly forward, brush right foot

ROCKING CHAIR, LOCK STEP

- 1-2 Step forward on your right foot and rock forward right, rock back on your left foot
3-4 Step backward on your right foot and rock backward right, rock forward on your left foot
5-6 Step forward on your right foot, cross left foot behind right
7-8 Step forward on your right foot, brush your left foot next to right

HIP ROLL, STEP SLIDE, STEP SLIDE

- 1-2 Step left as you roll your hips right to left placing all your weight on your left foot by count 3
3-4 Place right heel on floor on right, hold

- 5-6 Step right foot to the right, drag left foot next to right
7-8 Step left foot to the left, drag right foot next to left

FOOT PIVOTS, ¼ TURN PIVOT

- 1-2 Step right foot on right side a shoulder width apart from left, hold
3-4 Pivot all toes inwards, pivot both heels inwards
5-6 Pivot all toes inward, hold
7 Pivot ¼ turn right on the ball of your left foot as you pivot ¼ turn right on the heel of your right foot
8 Hold, placing weight on left foot.

TAG: 26-COUNT TAG (BEGINS ON COUNT 31 OF 4TH REPEAT OF PART B):

- 31 Instead of pivot turn, keep feet with all toes pointed inward
32 Pivot all toes outward

FOOT PIVOTS

- 1-2 Pivot both heels outward, hold
3-4 Pivot all toes inwards, pivot both heels inwards
5-8 Pivot all toes outward, hold for 3 counts

STEP ½ TURN, STEP ½ TURN

- 1-2 Step forward on right foot, hold
3-4 Pivot ½ turn left on ball of left foot
5-6 Step forward on right foot, hold
7-8 Pivot ½ turn left on ball of left foot

STOMP, HIP BUMPS

- 1-2 Stomp right foot next to left, hold
3-4 Put hands on hips as you bump hips left, bump hips right
5-7 Bump hips left, placing all weight on left, hold
7-8 Drop arms to your sides, hold.

Optional styling: At end of dance, quickly turn to front wall (12:00) and raise both arms as if winning a race.

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