

Like Dynamite

COPPER KNOB
BY STEPHEN

拍数: 160 墙数: 1 级数: Phrased Advanced
编舞者: Robin Sin (SG) & Irene Teo (SG) - December 2020
音乐: Dynamite - BTS
或: Dynamite (Holiday Remix) - BTS



Intro: 16 counts

Sequence: A B(32) A B C B(32) B

PART A (64 counts)

(A 1-8) DIAGONAL KNEE POPS, STEP, SWIVEL HEELS TOES HEELS, STEP BACK, DRAG, STEP BACK, ½ TURN RIGHT, STEP FORWARD X2

1&2 Step R diagonally right while popping both knees out(1), pop both knees in (&), pop both knees out (2)
3&4& Step L diagonally left (3), swivel R heel in towards L (&), swivel R toes in towards L (4), swivel R heels in towards L (&)
5-6 Step big step back on R (5), drag L back towards R (6) weight on R (12.00)
7&8 Step back on L (7), ½ turn right step R forward (&), step forward on L (8) (6.00)

(A 9-16) BODY ROLLS, SAILOR ¼ TURN RIGHT, STEP PIVOT ½ TURN, ¼ TURN TOUCH

1-2 Step R to side while body roll to the right and sit on right (1-2)
3-4 Step L to side while body roll to the left and sit on left (3-4)
5&6 Step R behind L (5), step L slightly left (&), ¼ turn right step R forward (6)
7&8 Step L forward (7), pivot ½ turn right step on R (&), ¼ turn right touch L toes to the side (8) (6.00)

(A 17-24) BODY ROLLS, SAILOR ¼ TURN LEFT, STEP PIVOT ½ TURN, ¼ TURN TOUCH

1-2 Step L to side while body roll to the left and sit on L (1-2)
3-4 Step R to side while body roll to the right and sit on R (3-4)
5&6 Step L behind R (5), step R slightly right (&), ¼ turn left step L forward (6)
7&8 Step R forward (7), pivot ½ turn left step on L (&), ¼ turn left touch R toes to the side (8) (6.00)

(A 25-32) SWIVEL HEEL WITH ARMS, ROCK BACK, RECOVER, TOUCH, STEP BACK, ½ TURN LEFT, STEP FORWARD X 2, HITCH, STEP FORWARD, DRAG

1-2 Swivel R heel out (1), Swivel R heel in (2)
Arms: Straight up right arm with right hand bend on wrist palm facing down (1), lift hands up palm facing forward (2)
3&4 Rock back on R (3), recover on L (&), touch R toes forward (4)
5&6 Step back on R (5), ½ turn left step forward L (&), step forward on R (6)
&7-8 Hitch L (&), big step forward on L (7), drag R towards L (8) weight on L (12.00)

(A 33-40) ¼ TURN RIGHT, STEP, POP X 3, KNEE POPS TURNS

1-2 ¼ turn right step forward on R while bending body down slightly, step L behind R while popping R knee

Arms: lift both arms up shoulder level, R elbow bend across chest while bending R hand on wrist palm facing left, L arm to side while bending L hand on wrist palm facing left (1), Bend both hands on wrist down palm facing down (2)

3-4 Step forward on R while bending body down slightly, step L behind R while popping R knee

Arms: lift both arms up shoulder level, R elbow bend across chest while bending R hand on wrist palm facing left, L arm to side while bending L hand on wrist palm facing left (1), Bend both hands on wrist down palm facing down (2)

5-6 Step forward on R while bending body down slightly, step L behind R while popping R knee

Arms: lift both arms up shoulder level, R elbow bend across chest while bending R hand on wrist palm facing

left, L arm to side while bending L hand on wrist palm facing left (1), Bend both hands on wrist down palm facing down (2)

7&8 ¼ turn left, transfer weight on R while popping L knee forward, transfer weight on L while popping R knee forward, making a ¼ turn left transfer weight on R popping L knee forward

(A 41-48) STEP, POP X 3, BEHIND SIDE CROSS

1-2 Step forward on L while bending body down slightly, step R behind L while popping L knee
Arms: lift both arms up shoulder level, L elbow bend across chest while bending L hand on wrist palm facing right, R arm to side while bending R hand on wrist palm facing right (1), Bend both hands on wrist down palm facing down (2)

3-4 Step forward on L while bending body down slightly, step R behind L while popping L knee
Arms: lift both arms up shoulder level, L elbow bend across chest while bending L hand on wrist palm facing right, R arm to side while bending R hand on wrist palm facing right (1), Bend both hands on wrist down palm facing down (2)

5-6 Step forward on L while bending body down slightly, step R behind L while popping L knee
Arms: lift both arms up shoulder level, L elbow bend across chest while bending L hand on wrist palm facing right, R arm to side while bending R hand on wrist palm facing right (1), Bend both hands on wrist down palm facing down (2)

7&8 ¼ turn right step L behind R (7), step R to the side (&), cross L over R (8)

(A 49-56) STEP PUNCH, SAILOR STEPS PUNCH X 3, TOUCH

1 Step R diagonally right while punching L arm down towards R foot (1)

2&3 Step L behind R (2), step R slightly right (&), step L diagonally left while punching R arm down towards L foot (3)

4&5 Step R behind L (4), step L slightly right (&), step R diagonally left while punching L arm down towards R foot (5)

6&7 Step L behind R (2), step R slightly right (&), step L diagonally left while punching R arm down towards L foot (3)

8 Touch R toes beside L (8)

(A 57-64) FULL TURN RIGHT WALK AROUND, STEP BACK WITH KNEE POPS X 4

1-4 Walk on R-L-R-L full turn right (1-4)

5-6 Step back on R while swivel L toes out (5), Step back on L while swivel R toes out (6)

7-8 Step back on R while swivel L toes out (7), Step back on L while swivel R toes out (8)

PART B (64 counts)

(B 1-8) STEP FORWARD POP KNEES X 4, OUT OUT IN CROSS, POP KNEES, SHOULDER POPS

1-2 Step forward on R while popping L knee beside R (1), Step forward on L while popping R knee beside L (2)

3-4 Step forward on R while popping L knee beside R (3), Step forward on L while popping R knee beside L (4)

&5&6 Step R to side, step L to side, step R back to centre, cross L over R

&7&8 Pop both knees forward (&), straighten up both feet (7), pop right shoulder up (&), drop right shoulder while popping L shoulder up (8)

(B 9-16) STEP DIAGONALLY BACK X 2, MASH POTATOES BACK

1-2 Step R diagonally right back, touch L toes beside R while clicking both fingers to the side

3-4 Step L diagonally left back, touch R toes beside L while clicking both fingers to the side

&5 Splits heels (&), bring heels together, dragging R back (5)

&6 Splits heels (&), bring heels together, dragging L back (6)

&7 Splits heels (&), bring heels together, dragging R back (7)

&8 Splits heels (&), bring heels together, dragging L back (8) (weight on L)

(B 17-24) SKATE FORWARD X 4 WITH JAZZ HANDS, TOE SWITCHES, SIT WITH "HAIR COMB"

1-4 Skate step R forward (1), skate step L forward (2), skate step R forward (3), skate step L forward (4)

Arms: Jazz hands: Both elbow bend slightly to the side palm facing forwards, wiggle palms and moving up

gradually while skating forward.

5&6& Touch R toes beside L (5), step down on R (&), touch L toes beside R (6), step down on L (&)
7-8 Step R to side and sit on R (7), Hold (8)

Arms: "Combing": Place R arm above head while bending R hand on wrist palm facing L ear, L arm bend on elbow with palm facing L ear while fingers touching R fingers (7), moving arm around back of the head to R ear, while turning both hands ending L arm above head and R arm bend on elbow, now both palms facing R ear (8)

(B 25-32) SHIFTING WEIGHT WHILE POINTING ARMS, FLICKS, BACK CLOSE, CLAP x2

1-4 Transfer weight on L, body facing slightly diagonally right, R knee slightly bend (1), Transfer weight on R, body facing slightly diagonally left, L knee slightly bend (2), transfer weight on L, body facing slightly diagonally right, R knee slightly bend (3), Transfer weight on R, body facing slightly diagonally left, L knee slightly bend (4)

Arms: Point L arms up (1), Point R arms up (2), Point L arms to side (3), Point R arms to side (4)

5-6 Flick R to right side (5), Flick R to left side (6)

Arms: L arm bend on elbow, "hitting" elbow towards R knee (5)

&7&8 Step back on R (&), step L beside R (7), Clap x 2 (&8)

*****RESTART: RESTART HERE ON THE 1ST B AND 3RD B*****

(B 33-40) STEP SIDE, BEHIND SIDE CROSS, STEP SIDE, BEHIND SIDE CROSS, SIDE ROCK CROSS

1 Step R to side (1)

2&3 Step L behind R (2), step R to side (&), cross L over R (3)

4 Step R to side (4)

5&6 Step L behind R (5), step R to side (&), cross L over R (6)

7&8 Rock R to side (7), recover on L (&), cross R over L (8)

(B 41-48) STEP SIDE, BEHIND SIDE CROSS, STEP SIDE, BEHIND SIDE CROSS, SIDE ROCK CROSS

1 Step L to side (1)

2&3 Step R behind L (2), step L to side (&), cross R over L (3)

4 Step L to side (4)

5&6 Step R behind R (5), step L to side (&), cross R over L (6)

7&8 Rock L to side (7), recover on R (&), cross L over R (8)

(B 49-56) SKATE FORWARD X 4 WITH JAZZ HANDS, TOE SWITCHES, SIT WITH "HAIR COMB"

1-4 Skate step R forward (1), skate step L forward (2), skate step R forward (3), skate step L forward (4)

Arms: Jazz hands: Both elbow bend slightly to the side palm facing forwards, wiggle palms and moving up gradually while skating forward.

5&6& Touch R toes beside L (5), step down on R (&), touch L toes beside R (6), step down on L (&)

7-8 Step R to side and sit on R (7), Hold (8)

Arms: "Combing": Place L arm above head while bending L hand on wrist palm facing R ear, R arm bend on elbow with palm facing R ear while fingers touching L fingers (7), moving arm around back of the head to left ear, while turning both hands ending R arm above head and L arm bend on elbow, now both palms facing L ear (8)

(B 57-64) SHIFTING WEIGHT WHILE POINTING ARMS, HITCH FLICK, BACK CLOSE, CLAP x2

1-4 Transfer weight on L, body facing slightly diagonally right, R knee slightly bend (1), Transfer weight on R, body facing slightly diagonally left, L knee slightly bend (2), transfer weight on L, body facing slightly diagonally right, R knee slightly bend (3), Transfer weight on R, body facing slightly diagonally left, L knee slightly bend (4)

Arms: Point L arms up (1), Point R arms up (2), Point L arms to side (3), Point R arms to side (4)

5-6 Hitch R while flicking R towards L (5), Hold (6)

Arms: R arm bend on elbow, "hitting" elbow towards left (5)

&7&8 Step back on R (&), step L beside R (7), Clap x 2 (&8)

PART C (32 counts)

(C 1-8) TOUCH TOE BEHIND SIDE X 3, STEP SIDE

1-2 Weight on L slightly bend, touch R toes behind L (1), touch R toes to the side (2)
Arms: Bring arms at shoulder level, bend on elbow, L arm to side and R arm beside R chest (1), R arm to side and L arm beside L chest (2), wiggle fingers along

3-4 Touch R toes behind L (3), step R to side facing slightly diagonally left (4)
Arms: Bring arms at shoulder level, bend on elbow, L arm to side and R arm beside R chest (1), Point R arm up (2)

5-6 Weight on R slightly bend, touch L toes behind R (5), touch L toes to the side (6)
Arms: Bring arms at shoulder level, bend on elbow, R arm to side and L arm beside L chest (5), L arm to side and R arm beside R chest (6), wiggle fingers along

7-8 Touch L toes behind R (7), step L to side facing slightly diagonally right (8)
Arms: Bring arms at shoulder level, bend on elbow, R arm to side and L arm beside L chest (7), Point L arm up (8)

(C 9-16) TOUCH TOE BEHIND SIDE X 3, STEP SIDE

1-2 Weight on L slightly bend, touch R toes behind L (1), touch R toes to the side (2)
Arms: Bring arms at shoulder level, bend on elbow, L arm to side and R arm beside R chest (1), R arm to side and L arm beside L chest (2), wiggle fingers along

3-4 Touch R toes behind L (3), step R to side facing slightly diagonally left (4)
Arms: Bring arms at shoulder level, bend on elbow, L arm to side and R arm beside R chest (1), Point R arm up (2)

5-6 Transfer weight on L facing diagonally right (5), transfer weight on R facing diagonally left (6)
Arms: Point L arm up (5), Point R arm up (6)

7-8 Transfer weight on L facing diagonally right (7), hold (8)
Arms: Point L arm Up (7), Pull L arm down (8)

(C 17-24) TOUCH TOE BEHIND SIDE X 3, STEP SIDE

1-2 Weight on L slightly bend, touch R toes behind L (1), touch R toes to the side (2)
Arms: Bring arms at shoulder level, bend on elbow, L arm to side and R arm beside R chest (1), R arm to side and L arm beside L chest (2), wiggle fingers along

3-4 Touch R toes behind L (3), step R to side facing slightly diagonally left (4)
Arms: Bring arms at shoulder level, bend on elbow, L arm to side and R arm beside R chest (1), Point R arm up (2)

5-6 Weight on R slightly bend, touch L toes behind R (5), touch L toes to the side (6)
Arms: Bring arms at shoulder level, bend on elbow, R arm to side and L arm beside L chest (5), L arm to side and R arm beside R chest (6), wiggle fingers along

7-8 Touch L toes behind R (7), step L to side facing slightly diagonally right (8)
Arms: Bring arms at shoulder level, bend on elbow, R arm to side and L arm beside L chest (7), Point L arm up (8)

(C 25-32) TOUCH TOE BEHIND SIDE X 3, STEP SIDE

1-2 Weight on L slightly bend, touch R toes behind L (1), touch R toes to the side (2)
Arms: Bring arms at shoulder level, bend on elbow, L arm to side and R arm beside R chest (1), R arm to side and L arm beside L chest (2), wiggle fingers along

3-4 Touch R toes behind L (3), step R to side facing slightly diagonally left (4)
Arms: Bring arms at shoulder level, bend on elbow, L arm to side and R arm beside R chest (1), Point R arm up (2)

5-6 Transfer weight on L facing diagonally right (5), transfer weight on R facing diagonally left (6)
Arms: Point L arm up (5), Point R arm up (6)

7-8 Transfer weight on L facing diagonally right (7), hold (8)
Arms: Point L arm Up (7), Pull L arm down (8)

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