

Megan Fox

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Phrased Improver / Intermediate
编舞者: Marissa Pardo (USA) - May 2021
音乐: my ex's best friend - Machine Gun Kelly & blackbear



Sequence : A,A, B,B, A,A, B,B, B,B, A
Start dance on 0:16

Part A/Verse:

***WEIGHT ON THE L* STEP FORWARD ON R, L POINT AND CROSS OVER R, R POINT AND CROSS BEHIND L, L POINT, COASTER STEP ON L**

1,2 Step R forward (1), Point L to side (2) - 12:00
3,4 Cross L over R (3), Point R to the side (4) - 12:00
5,6 Step R behind L (5), point L to the side (6) - 12:00
7,8 Step L back (7), Close R next to L (&), Step L forward (8) - 12:00

***WEIGHT ON THE L* STEP BACK ON R, PIVOT HALF TURN (6:00) COASTER STEP ON R, DIAGONAL SLIDE FORWARD L THEN R**

1,2 Step R back (1), Pivot ½ Turn R (2)- 6:00
3,4 Step R back, Close L next to R (3), Step R next to L (4) - 6:00
5,6 Big slide forward to the L (5), drag R forward next to L (6) - 6:00
7,8 Big slide forward to the R (7), drag L forward next R (8) - 6:00

***SHIFT WEIGHT TO L* SAILOR STEP ON R, SAILOR QUARTER TURN (3:00), JAZZ BOX (6:00)**

1,2 Sailor step R behind L (1,2) - 6:00
3,4 Sailor ¼ turn step L behind R (3,4) - 3:00
5,6,7,8 Cross R over L (5), Step L back (6), Turn ¼ to right stepping R to right (7), Step L next to R (8) - 6:00

***WEIGHT ON THE L* TOUCH R, L HEEL, TOUCH R, STEP OUT R, STEP OUT L, STEP BACK ON R WITH KNEE POP, STEP BACK ON L WITH KNEE POP, COASTER STEP ON R (6:00)**

1,2 Touch R next to L (1), Kick out L heel (2) - 6:00
3,4 Touch R next to L (3), Step R side R (&), Step L to side L (4) - 6:00
5,6 Step back on R with L knee pop (left heel up, toe touching floor) (5), Step back on L with R knee pop (left heel up, toe touching floor) (6) - 6:00
7,8 Step R back (7), Close L next to R (&), Step R next to L (8) - 6:00

Part B/Chorus:

WEIGHT ON THE L* STEP OUT TO THE R, BEHIND-SIDE CROSS TO THE L, STEP OUT TO THE L, BEHIND-SIDE STEP TO THE R

1,2 Step out to R, sway hips to R - 12:00
3,4 Cross R behind L (3), Step out on L (&), Step R next to L (4) - 12:00
5,6 Step out to L, sway hips to L - 12:00
7,8 Cross L behind R (7), Step out on R (&), Step L next to R (8) - 12:00

***SHIFT WEIGHT TO THE R* POINT L, POINT R, POINT L BACK, HITCH L KNEE FORWARD, STEP BACK ON L, PIVOT HALF TURN (12:00), COASTER STEP ON L**

1,2 Point out to L (1), Point out to R (2) - 12:00
3,4 Point L back (3), Hitch L knee up (4) - 12:00
5,6 Bring L back (5), Pivot ½ Turn L (6) - 6:00
7,8 Step L back (7), Close R next to L (&), Step L forward (8) -6:00

Last Update - 18 May 2021

