

Feel Like Dancing!

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Easy Intermediate
编舞者: Lalita Atikandhari (INA), Melissa Rachman (INA) & Anggraini Loren (INA) - May 2021
音乐: Flashdance...What a Feeling - Irene Cara



Intro 88 Counts - No Tag No Restart

Sequence: A-B-B-A-A-B-A-B-B-A

Section A.1 - TOE STRUTS (R-L) - KICK BALL TOUCH (R-L)

1 - 2 (1) Touch R toe forward, (2) Drop R heel in place
3 - 4 (3) Touch L toe forward, (4) Drop L heel in place
5 - & - 6 (5) Kick R forward, (&) R back together beside L ball first, (6) Touch L to side
7 - & - 8 (7) Kick L forward, (&) L back together beside R ball first, (8) Touch R to side

Section A.2 - SWEEP (R-L) - ANCHOR STEP - BODY WAVE - HITCH - FORWARD LOCK SHUFFLE

1 - 2 (1) Sweep R from front to back (weight on L knee slightly bent), (2) Sweep L from front to back (weight on R knee slightly bent)
3 - & - 4 (3) Step R behind L, (&) Recover on L, (4) Recover on R
5 - 6 (5) Move body like waves from head-shoulder-chest-stomach-hip, (6) Lift L knee - weight on R
7 - & - 8 (7) Step L forward, (&) Cross R behind L, (8) Step L forward

Section A.3 - VINE - (HEEL DROP - CLOSE - TOUCH) 2x

1 - 2 (1) Step R to side, (2) Cross L behind R
3 - 4 (3) Step R to side, (4) Touch L to side
5 - & - 6 (5) Drop L heel in place, (&) Close R beside L, (6) Touch L to Side
7 - & - 8 (7) Drop L heel in place, (&) Close R beside L, (8) Touch L to Side

Section A.4 - HITCH - TOUCH - ¼ SAILOR STEP - ¼ PIVOT - WALK (R-L)

1 - 2 (1) Lift L knee diagonal right, (2) Touch L to side
3 - & - 4 (3) Turn ¼ to left cross L behind R <9:00>, (&) Step R to side, (4) Step L to side
5 - 6 (5) Step R forward, (6) Turn ¼ to left <6:00> step L in place
7 - 8 (7) Step R forward, (8) Step L forward

Section B.1 - (SIDE - TOUCH BEHIND) R-L - FULL BACK UNWIND - SLIDE

1 - 2 (1) Step R to side, (2) Cross touch L behind R
3 - 4 (3) Step L to side, (4) Cross touch R behind L
5 - 6 (5,6) Make full turn to right
7 - 8 (7) Slide L to side, (8) Touch R beside L

Section B.2 - KNEE POP (L-R) 2x - TOUCH (L-R) - FULL HIP ROLL

1 - 2 (1) Bent L knee toward R, (2) Bent R knee toward L
3 - 4 (3) Bent L knee toward R, (4) Bent R knee toward L
5 - & - 6 (5) Touch L to side, (&) Close L beside R (6) Touch R to side
7 - 8 (7,8) Roll hip from right to right

Section B.3 - SYNCOPATED WEAVE - ROLLING TURN - TOUCH

1 - 2 (1) Cross L over R, (2) Step R to side,
3 - & - 4 (3) Cross L behind R, (&) Step R to side, (4) Touch L to side
5 - 6 (5) ¼ Turn to left - step L forward, (6) ½ Turn to left - step R back
7 - 8 (7) ¼ Turn to left step L to side, (8) Touch R beside L

Section B.4 - PIVOT ½ TO LEFT - FLICK R - WALK (R-L) - CHARLESTON STEP

- 1 - 2 (1) Step R forward, (2) ½ Turn to left with quick kick R backward (backheel up with flexed knee and pointed toe)
- 3 - 4 (3) Step R forward, (4) Step L forward
- 5 - 6 (5) Step R forward, (6) Touch L forward
- 7 - 8 (7) Step L back, (8) Touch R back
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