

Liftoff

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 2 级数: Low Intermediate
编舞者: Kayla Cosgrove (USA) - October 2021
音乐: Rocket to the Moon - Pepita Slappers



Intro: 64 Counts, Dance Starts after he sings "Hey listen up"

Tag-Start Wall 2 after 32 counts, Restart Wall 5 after 32 Counts, Tag End Wall 6

Alternative Track: Rocket For Me by Caravan Palace (No Tags/Restarts)

Intro: 32 Counts - Start with the Lyrics.

POINT/KICK CROSS FORWARD, POINT/KICK CROSS FORWARD, DOUBLE KICK

1,2,3,4 Point/kick R to R (1) Cross step R over L (2) Point/kick L to L (3) Cross step L over R (4)
5,6,7,8 Angling body towards left diagonal kick R forward as you travel slightly towards 12 o'clock (5) keeping weight on L and R foot in the air, flick R heel back (6) keeping body to diagonal, kick R forward as you travel slightly towards 12 o'clock (7) Step down on Ras you straight out to 12 o'clock wall (8)

Optional Arms: As you kick x2 with the right leg, raise both arms up over head as you kick forward, down as you return home

(On the Chorus you can add more energy and fun by adding a little hop on your standing leg as you kick to the side)

POINT/KICK CROSS BACK, POINT/KICK CROSS BACK, ROCK RECOVER X2

1,2,3,4 Point/kick L to L (1) Cross step L back (2) Point/kick R to R (3) Cross step R back (4)
5,6,7,8 Rock back L to L diagonal (5) Recover R fwd (6) Rock back L to L diagonal (7) Recover R fwd (8)

KICK, CROSS, SIDE ROCK, KICK, CROSS, SIDE ROCK

1,2,3,4 Kick L fwd (1) Cross L over R (2) Rock R to R (3) Recover L to L (4)
5,6,7,8 Kick R fwd (5) Cross R over L (6) Rock L to L (7) Recover R to R (8)

STEP HOLD, ½ TURN RIGHT HOLD, CHASE ½ TURN RIGHT, HOLD

1,2,3,4 Step L Fwd (1) Hold (2) Turn ½ R stepping R fwd (3) Hold (4)
5,6,7,8 Step L fwd (5) Turn ½ R stepping R fwd (6) Step L fwd (7) Hold (8)

(4 Count Tag happens here wall 2 & 5 after 32 counts, restart the dance) (Restart happens here on wall 6 after 32 counts)

¼ RIGHT CROSS, HOLD, STEP SIDE, HOLD, CROSS HOLD, STEPSIDE HOLD

1,2,3,4 Keeping weight on L, make a ¼ turn R to face 3 o'clock as you cross R over L (1) Hold (2) Step L to L side (3) Hold (4)
5,6,7,8 Cross R over L (5) Hold (6) Step L to L side (7) Hold (8)

TAP STEP, TAP STEP, ROCK RECOVER, KICK, HOOK CROSS

1,2,3,4 Tap R to L instep (1) Step R to R (2) Tap L to L instep (3) Step L to L (4)
5,6,7,8 Rock R back (5) Recover L fwd (6) Kick R fwd (7) Hook R over L shin (8)

STEP TOUCH, BACK TOUCH, STEP LOCK STEP HOLD

1,2,3,4, Step R fwd (1) Touch L toes to R heel (2) Step Back on L (3) Touch R toes to L instep (4)
5,6,7,8 Step R fwd (5) Lock step L behind R (6) Step R fwd (7) Hold (8)

CROSS, HOLD, ¼ LEFT, HOLD, ½ LEFT TRIPLE, HOLD

1,2,3,4 Cross L over R (1) Hold (2) make a ¼ L stepping R back to 6 o'clock (3) Hold (4)
5,6,7,8 Step L fwd making ¼ L to 9 o'clock (5) Step R together (6) Step L fwd making ¼ L to 6 o'clock (7) Hold (8)

TAG: STEP, HOLD, ½ TURN RIGHT, HOLD

1,2,3,4 Step R fwd (1) Hold(2) ½ turn R stepping fwd on R(3) Hold(4)
