

# Dynamite

COPPER KNOB  
STEPSHEETS

拍数: 80                      墙数: 2                      级数: Phrased Intermediate  
编舞者: Kady SANE (FR) & Cathy DENIS (FR) - March 2022  
音乐: Dynamite (feat. Sia) - Sean Paul



Intro : 32 counts - Phrased AAB AAB ABB\*

## Part A - 32 counts (2 walls)

### [1-8] ROCK STEP & ROCK BACK & SHUFFLE (X2)

1&2&                      Rock RF fw (1), Recover weight on LF (&), Step back RF (2), Recover weight on LF (&) 12h  
3&4                        Step R fw (3), Step L next to R (&), Step R fw (4)  
5&6&                      Rock LF fw (1), Recover weight on RF (&), Step back LF (2), Recover weight on RF (&)  
7&8                        Step L fw (7), Step R next to L (&), Step L fw (8)

### [9-16] SWAY R L, BEHIND SIDE CROSS, SIDE ROCK L, SAILOR 1/4T L

1-2                        R step on R side swaying chest to R (1) L step on L side swaying chest to L (2) 12h  
3&4                        Cross R behind L (3), L step on L side (&), Cross R over L (4)  
5-6                        L step on L side (5), Recover weight on RF (6)  
7&8                        ¼T L Stepping LF behind RF (7), Step RF to R (&), Step LF to L (8) 9h

### [17-24] PADDLE TURN ¼ T L (X2), CROSS SHUFFLE R, ½ T CROSS SHUFFLE L, ½ RUMBA BOX R

1-2                        L ¼ T & point RF to R (1) (6h), L ¼ T & point RF to R 3h  
3&4                        Cross R over L (3), Step L to L side (&), Cross R over L (4)  
5&6                        Turn ½ L & cross L over R (5), Step R to R side (&), Cross L over R (6) 9h  
7&8                        Step RF to R side (7), Close LF next to RF (&), Step fw on RF (8) 9h

### [25-32] ½ RUMBA BOX L, CHASE ½ TURN L, FULL TURN, KICK BALL STEP

1&2                        Step LF to L side (1), Close RF next to LF (&), Step fw on LF (2) 9h  
3&4                        Step fw on Right (3), Make ½ turn L (weight fw on Left) (&), Step fw on R (4) 3h  
5&6                        Make ½ turn R stepping back on L (5), Make ½ turn R stepping fw on R (&), Step LF fw (6)  
7&8                        Kick R fw (7), Rock ball of R back (&), Step L slightly fw (8) 3h

## Part B - 48 counts (1 wall)

### [1-8] CROSS SAMBA (X2), VOLTA TURN

1&2                        Cross RF over LF (1), Step LF to L (&), Step RF to R (2) 6h  
3&4                        Cross LF over RF (3), Step RF to R (&), Step LF to L (4)  
5&                         ¼T R & Cross RF over LF (5), Ball step LF next to RF (&) 9h  
6&                         ¼T R & Cross RF over LF (5), Ball step LF next to RF (&) 12h  
7&                         ¼T R & Cross RF over LF (5), Ball step LF next to RF (&) 3h  
8                         ¼T R & Step RF fw & put weight on to RF 6h

### [9-16] CROSS SAMBA (X2), VOLTA TURN

1&2                        Cross LF over RF (1), Step RF to R (&), Step LF to L (2)  
3&4                        Cross RF over LF (3), Step LF to L (&), Step RF to R (4)  
5&                         ¼T L & Cross LF over RF (5), Ball step RF next to LF (&) 3h  
6&                         ¼T L & Cross LF over RF (5), Ball step RF next to LF (&) 12h  
7&                         ¼T L & Cross LF over RF (5), Ball step RF next to LF (&) 9h  
8                         ¼T L & Step LF fw & put weight on to LF(8) 6h

### [17-24] ANCHOR STEP, ROCK BACK, STEP FW, HIP ROLLS

1&2                        RF behind with body weight (1), Put body weight on LF in place (&), Put body weight on RF in place (8)  
3-4                        Step back LF (3), Recover weight on RF (4)

5-6-7-8 Step L fw (5), R step on R side & Roll your hips anti clockwise & finish with body weight on LF (6,7,8)

**[25-32] PRESS RECOVER FW (X2), ROCK BACK (X4) & TOUCH (X3)**

1-2 Press fw on ball of R (1), Recover RF on LF (2)  
3-4 Press fw on ball of L (3), Recover full weight to R (4)  
5&6 Place LF behind RF (5), Touch RF fw (&), Place RF behind LF (6)  
&7& Touch LF fw (&), Place LF behind RF (7), Touch RF fw (&)  
8& Place RF behind LF (8), Step LF fw with weight on LF (&)

**[33-40] PRESS RECOVER (X2), CROSS ROCK, SIDE ROCK, BEHIND SIDE CROSS, SIDE**

1-2 Press fw on ball of R (1), Recover RF on LF (2)  
3-4 Press fw on ball of L (3), Recover LF on RF (4)  
5&6& Cross RF over LF (5), Recover weight on to L (&), Rock R to R (6), Recover weight on to L (&)  
7&8& Cross R behind L (7), L step on L side (&), Cross R over L (8), L Step on L side & Recover weight on L (&)

**[41-48] ROCK RECOVER (X2), UNWIND TURN COMPLETE**

1-2 Press fw on ball of R (1), Recover RF on LF (2)  
3-4 Press fw on ball of L (3), Recover LF on RF (4)  
5-6-7-8 Cross RF over LF (5), Unwind turn complete on the L (6,7,8)

**B \* : Repeat the last sixteen counts of sections 5 & 6**

**Ending**

**At the end of the dance, add 1/4T L to finish facing 12h  
Take as much pleasure as we had to create this choreography**

**Contacts:**

**Cathy DENIS - [cathy.denis94@gmail.com](mailto:cathy.denis94@gmail.com)  
Kady SANE - [kadidiatousane.ks@gmail.com](mailto:kadidiatousane.ks@gmail.com)**

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