

Matoma Power

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Gary O'Reilly (IRE) - May 2023
音乐: The Power - Matoma



Music Available from iTunes, Amazon & Spotify

#32 count intro from start of lyrics

*note: there are sections of the dance where both the lyrics & instrumentals fade away – keep on dancing!

Section 1: STEP, SWIVEL ¼, SWIVEL ¼, HITCH, BUMP, BUMP, BACK, COASTER STEP

- 1 2 Step forward on R (1), ¼ L swiveling on balls of both feet dipping into knees (2) (9:00)
- 3 4 ¼ R swiveling on balls of both feet (weight ends on L) (3), hitch R knee up (4) (12:00)
- 5 6 7 Step back on R bumping R hip back & popping L knee (5), bump forward L popping R knee (6), step back on R (7) *Tag/Restart (Wall 2)
- 8 & 1 Step back on L (8), step R next to L (&), step forward on L (1)

Section 2: HOLD, & FWD ROCK, BACK, ¼, CROSS, SIDE ROCK CROSS

- 2 HOLD (2)
- & 3 4 Step on ball of R next to L (&), rock forward on L as you dip slightly into L knee (3), recover on R (4) **Tag/Restart (Wall 6)
- 5 6 7 Walk back on L (5), ¼ R stepping R to R side (6), cross L over R (7) (3:00)
- 8 & 1 Rock R to R side (8), recover on L (&), cross R over L (1)

Section 3: DIAGONAL ROCK, BEHIND SIDE CROSS, DIAGONAL ROCK, BEHIND SIDE FORWARD

- 2 3 Rock L to L side towards L diagonal (2), recover on R (3)
- 4 & 5 Cross L behind R (4), step R to R side (&), cross L over R (5)
- 6 7 Rock R to R side towards R diagonal (6), recover on L (7)
- 8 & 1 Cross R behind L (8), step L to L side (&), step forward on R dipping into knees (1)

Section 4: HOLD, PIVOT ½, ½, BACK, TOUCH, BACK, TOUCH

- 2 HOLD (2)
- 3 4 Pivot ½ L (weight ends on L) (3), ½ L stepping back on R (4) (3:00)
- 5 6 Step diagonally back on L opening body to L (5), touch R next to L (6)
- 7 8 Step diagonally back on R opening body to R (7), touch L next to R (8)

Section 5: & CROSS, SIDE, CROSS, HITCH, CROSS, SIDE, CROSS, HITCH

- & 1 2 Step L next to R (&), cross R over L dipping into knees (1), step L to L side (2)
- 3 4 Cross R over L (3), hitch L up & around from back to front (4)
- 5 6 Cross L over R dipping into knees (5), step R to R side (6)
- 7 8 Cross L over R (7), hitch R up & around from back to front (8)

Section 6: CROSS, TOUCH & HEEL, HOLD, & TOUCH, HOLD, & TOUCH, HOLD

- 1 Cross R over L (1)
- 2 & 3 Touch L behind R heel (2), 1/8 R stepping back on L (&), tap R heel fwd (3) (4:30)
- 4 HOLD (4)
- & 5 6 Step back on R (&), touch L toe fwd (5), HOLD (6)
- & 7 8 Step back on L (&), touch R toe fwd (7), HOLD (8)

Section 7: & WALK L, WALK R, FWD ROCK, 3/8, ½ BACK LOCK BACK, COASTER STEP

- & 1 2 Step R next to L (&), walk fwd L (1), walk fwd R (2) (4:30)
- 3 4 5 Rock forward on L (3), recover on R (4), 3/8 L stepping forward on L (5) (12:00)
- 6 & 7 ¼ L stepping R to R side (6), cross L over R (&), ¼ L stepping back on R (7) (6:00)

*easier option: shuffle ½ turn L back RLR

8 & 1 Step back on L (8), step R next to L (&), step forward on L (1)

Section 8: WALK R, SLOW MAMBO, COASTER STEP, HOLD, &

2 Walk forward on R (2)

3 4 5 Rock forward on L rolling hip forward anti-clockwise (3), recover on R (4), step back on L (5)

6 & 7 Step back on R (6), step L next to R (&), step forward on R (7)

8 & HOLD (8), step on ball of L next to R (&)

***Tag/Restart (Wall 2)**

Dance 7 counts of Wall 2 facing (6:00), then add: Walk forward on L, then restart dance from the beginning (6:00)

****Tag/Restart (Wall 6)**

Dance 12 counts of Wall 6 facing (12:00), then add:

WALK BACK L, WALK BACK R, L COASTER STEP

1 2 Walk back L (1), walk back R (2)

3 & 4 Step back on L (3), step R next to L (&), step forward on L (4)

then restart dance from the beginning (12:00)

ENDING: Dance 64 counts of Wall 7, finish the dance facing (12:00) by adding a pivot ½ turn L to finish (12:00) on the (&) count.

Contact: Gary O'Reilly - oreillygaryone@gmail.com - 00353857819808

<https://www.facebook.com/gary.reilly.104>

www.thelifeoreillydance.com
