

ABC Imp

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Britt Beresik (USA) - November 2023
音乐: ABC (N2N & Andie Roy Remix) - Jackson 5



#16 count Intro, starts after the double-clap (yes you can clap twice)

**2 Tags, No Restarts

[1-8] R Shuffle Fwd, Step, Swivel Out-In, L Shuffle Back, Rock Recover

1&2 Step R fwd, Step L next to R, Step R fwd
3&4 Press L toe fwd, Swivel both heels out, Swivel both heels keeping weight mostly on R
5&6 Step L back, Step L next to R, Step L back
7-8 Rock R back, Recover L [12:00]

[9-16] Full Turn L with 3 x Hip Bump-Toe Strut, Press Hip Forward, Slide Back

1&2 Touch R toe fwd, bumping hip right with ¼ turn L (1), bump hip left (&) bump hip right, stepping down onto R(2) [9:00]
3&4 ¼ turn L and touch L toe side back, bumping hip left(3), bump hip right(&), bump hip left with ¼ turn L, stepping down onto L(4) [3:00]
5&6 ¼ turn L and touch R toe fwd, bumping hip right(5), bump hip left (&), bump hip right, stepping down onto R(6) [12:00]
7-8 Rock L toe fwd while Pressing hips fwd, Slide back on R pulling hips back (can double-clap on &8) [12:00]

[17-24] L Coaster, ¼ Pivot L, 2 X Cross Sambas

1&2 Step L back, Step R next to L, Step L fwd
3-4 Step R fwd, ¼ turn L taking weight onto L [9:00]
5&6 Cross R over L, Rock L to left side, Recover R
7&8 Cross L over R, Rock R to right side, Recover L [9:00]

[25-32] Syncopated Weave to L, Cross Toe behind, Unwind ½R with Heel Bounces

1-2 Cross R over L, Step L to left side
3&4& Cross R behind L, Step L to left side, Cross R over L, Step L to left side
5-6 Touch R toe behind L, HOLD
7-8 ½ unwind R while bouncing heels twice, weight ends on L (shimmy shoulders) [3:00]

Repeat from beginning

TAG after Wall 3 [facing 9:00] and Wall 9 [facing 3:00]:

1-2 Step R fwd, ½ Pivot L
3-4 Step R fwd, ½ Pivot L with a R Flick back

This dance is the Improver Version! For the Beginner version (same dance with "easier" moves), please check out ABC BEG.

As always, feel free to embellish with your own variations as well, or do a mixture of the 2 dances.

Thank you Diane for the idea! I'm doing this for all my growing Beginners, so you can go from a BEG to an IMP!

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Last Updated: 10/18/2023