

Italodisco

COPPER KNOB
BY STEPHEN HETS

拍数: 96 墙数: 1 级数: Phrased Intermediate
编舞者: Doris Ebersberger (AUT) & Michaela Tscherny (AUT) - December 2023
音乐: ITALODISCO - The Kolors



Intro: 8 counts from first beat in music (app. 4 seconds into track)

Tags: Tag 1 = 16 counts, Tag 2 = 4 counts

Sequences: A, A, Tag 1, B, Tag 2, C, Tag 2, A, A 16 Counts, Tag 1, B, Tag 2, C, B 16 Counts, B, C, C

Part A: 32 Counts End facing

[1-8] Jazz Box ¼ Turn Cross, Right Touches, Left Touches

1-2 Cross R over L (1), Turn ¼ R stepping L back (2) 3:00

3-4 Step R to R side (3), Cross L over R (4) 3:00

5-6 Touch R to R side (5) bring heel down (6) 3:00

7-8 Touch L to L side (7) bring heel down (8) 3:00

Armmovement on Counts 5-8: Roll fists at right side of head (5-6), Roll fists at left side of head (7-8)

[9-16] Triple Step back, Touch back with bodyroll, Jump back 2x

1 & 2 Step L back (1), Step R together (&), Step L back (2) 3:00

3-4 Touch R back and begin bodyroll (3), finish bodyroll and put weight on R (4) 3:00

& 5-6 Jump back L (&), Step together R (5), Hold (6) 3:00

& 7-8 Jump back L (&), Step together R (7), Hold (8) 3:00

When you dance Part A the 4th time change the last Jump on Counts &7-8:

Turn ¼ L Jumping L forward (&), Step together R (7), Hold (8) Cont. with Tag 1 12:00

[17-24] Cross Point, Cross ¼ Back, Backrock, ½ Pivot R

1-2 Cross R over L (1), Point L to L side (2) 3:00

3-4 Cross L over R (3), Turn ¼ L stepping R back (4) 12:00

5-6 Step L back (5), Recover on R (6) 12:00

7-8 Step L forward (7), Turn ½ R stepping R forward (8) 6:00

[25-32] ½ Pivot R, Out Out, Hip Bump 4x

1-2 Step L forward (1), Turn ½ R stepping R forward (2) 12:00

3-4 Step L diagonally forward (3), Step R diagonally forward (4) 12:00

5-6 Bump R hip (5), Bump L hip (6) 12:00

7-8 Bump R hip (7), Bump L hip (8) 12:00

Armmovement on Counts 5-8: Place your right hand at your right waist on counts 5-8, Point with your left index finger left up (5), point right down in front of your right hip (6), point left up (7), point right down (8)

Part B: 32 Counts End facing

[1-8] Weave, Elvis Knees, Full Circle, ½ Pivot R

1-2 Step L to L side (1), Cross R behind L (2) 12:00

& 3-4 Step L to L side (&), Cross R over L (3), Step L to L side (4) 12:00

5-6 Roll R knee in (5), Roll L knee in (6) 12:00

7-8 Roll R knee in (7), Roll L knee in (8) 12:00

Optional Armmovement: Snap your fingers each time you roll one knee in

[9-16] Full triple circle, ½ Pivot R

1-2 & Turn 1/4 L stepping L forward (1), Turn 1/8 L stepping R forward (2), Step L together (&) 7:30

3-4 Turn 1/8 L stepping R forward (3), Turn 1/4 L stepping L forward (4) 3:00

5 & 6 Turn 1/8 L stepping R forward (5), Step L together (&), Turn 1/8 L stepping R forward (6) 12:00

7-8 Step L forward (7), Turn ½ R stepping R forward (8) 6:00

When you dance Part B the 3rd time after Count 14: Step L forward (7), Step R forward (8) Restart Part B 12:00

[17-24] Heel Touches Flick Stomp 2x, ¼ Pivot R

1-2 Touch L heel diagonally forward (1), Touch L heel diagonally forward (2) 6:00
& 3 Flick L foot back (&), Stomp down on L (3) 6:00
4-5 Touch R heel diagonally forward (5), Touch R heel diagonally forward (6) 6:00
& 6 Flick R foot back (&), Stomp down on R (6) 6:00
7-8 Step L forward (7), Turn ¼ R stepping R to R side (8) 9:00

[25-32] Rock, Triple Step back, ½ Pivot L, Step ¼ Pivot L, Cross, Siderock

1-2 Step L forward (1), Step R back (2) 9:00
& 3 Step L together (&), Step R back (3) 9:00
4-5 Turn ½ L stepping L forward (4), Step R forward (5) 3:00
& 6 Turn ¼ L stepping L to L side (&), Cross R over L (6) 12:00
7-8 Step L to L side (7), Recover on R (8) 12:00

Part C: 32 Counts End facing

[1-8] Point Index fingers, Diagonal Triple Steps L+R

1-2 Point L index finger up and R index finger down at the same time (1), Point R index finger up and L index finger down (2) 12:00
3-4 Repeat Counts 1-2 12:00
5 & 6 Step L diagonally forward (5), Step R together (&), Step L diagonally forward (6) 10:30
7 & 8 Step R diagonally forward (7), Step L together (&), Step R diagonally forward (8) 1:30

Armmovement on Counts 5-8: Push both hands in the air 2x on Counts 5&6, Push both hands in the air 2x on Counts 7&8

[9-16] Cross, 1/4 Pivot L Coaster Step, ¼ L Cross Shuffle, ½ Pivot R Back, Coaster Step

1-2 & Cross L over R (1), Turn ¼ L stepping R back (2), Step L together (&) 9:00
3-4 Step R forward (3), Turn ¼ L stepping forward (4) 6:00
5 & 6 Step R to R side (5), Cross L over R (&), Turn ¼ R stepping R forward (6) 9:00
7-8 & Turn ½ R stepping L back (7), Step R back (8), Step L together (&) 3:00

[17-24] Step Point 2x, Jazz Box ¼ R Cross

1-2 Step R forward (1), Point L to L side (2) 3:00
3-4 Step L forward (3), Point R to R side (4) 3:00
5-6 Cross R over L (5) Turn ¼ R stepping L back 6:00
7-8 Step R to R side (7), Cross L over R (8) 6:00

[25-32] V-Step, ½ Pivot L, Kick Out Out

1-2 Step R diagonally forward (1), Step L diagonally forward (2) 6:00
3-4 Step R back in center (3), Step L back in center (4) 6:00
5-6 Step R forward (5), Turn ½ Pivot L stepping L forward 12:00
7 & 8 Kick R forward (7), Step R to R side (&), Step L to L side (8) 12:00

Arm movement on Counts 7&8: Snap fingers while you cross both hands over in front of your belly (7), Push hands out (&8)

Tag 1: 16 Counts

[1-8] Rolling Vine R, Point L, Drag

1-2 Turn ¼ R stepping R forward (1), Turn ½ R stepping L back (2) 9:00
3-4 Turn ¼ R stepping R to R side (3), Point L to L side (4) 12:00
5-8 Drag L towards R (5-8) 12:00

Arm movement on Counts 4-8: Point R index finger up diagonally on the right side (4), Bring index finger down to left hip (5-8)

[9-16] Rock Step, Out Out, Hip Bump 4x

1-2 Step L forward (1), Recover on R (2) 12:00

3-4 Step L out to L side (3), Step R out to R side (4) 12:00

5-6 Bump L hip to L side (5), Bump R hip to R side (6) 12:00

7-8 Bump L hip to L side (7), Bump R hip to R side (8) 12:00

Arm movement on Counts 4-8: Bring both hands over your head and cross fists not moving (4), stay in this position (5-8)

Tag 2: 4 Counts

[1-4] Clap hands 4x

1-4 Clap hands with arms stretched, begin at left hip height in a half circle to the right hip side

Ending Put both hands on your waist for 2 Counts

Italodisco is a real fun dance, we hope you enjoy our dance and have fun !!
