

Ping Pong

COPPERKNOB
BY STEPHEN BETHS

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Dustin Betts (USA) - February 2024
音乐: Ping Pong (feat. Stef Cima) - Ryan Riback, LowKiss & MC Flipside



[1-8] R SLIDE, COLLECT, FWD R SHUFFLE, L QUICK ROCKING CHAIR, L FWD, ¼ HITCH.

1 2 Slide R to right side (1), Step L next to R (2) 12.00
3 & 4 Step R fwd (3), Step L next to R (&), Step R fwd (4), 12.00
5 & 6 & Rock L fwd (5), Recover onto R (&), Rock L back (6), Recover onto R (&), 12.00
7 8 Step L fwd (7), Make ¼ turn left hitching R, weight remaining on L (8) 9.00

[9-16] R SIDE ROCK, ¼, ¼ SHUFFLE, L BACK, R TOGETHER, L FWD, R TOGETHER, L BACK, R COLLECT.

1 2 Rock R to right side (1), Make ¼ turn left recovering fwd on L (2), 6.00
3 & 4 Make ¼ turn left stepping R to right side (3), Step L next to R (&), Step R to right (4) 3.00
5 & 6 & Travelling to the right, stay facing 3.00; step L back towards 7.30 (5), Step R next to L (&),
Step L fwd towards 4.30 (6), Step R next to L (&) 3.00
7 8 Step L back (7), Step R next to L (8). 3.00

[17-24] L CROSS, R ROCK, L RECOVER, R CROSS, L SIDE, HEEL SWIVEL, L BALL, R CROSS, L SIDE, R TOUCH.

1 2 & Cross L over R (1), Rock R to right side (2), Recover onto L (&), 3.00
3 4 Cross R over L (3), Step L to left side (4), 3.00
& 5 & 6 Swivel both heels to left (&) Bring heels back (5), Step in place on ball of L (&), Cross R over
L (6), 3.00
7 8 Step L to left side (7), Touch R next to L (8). 3.00

[25-32] R DIAGONAL, L SCISSOR, R SIDE, L BACK TOUCH, ½ ROLL, R BACK ROCK, L RECOVER.

1 2 & Make 1/8 turn right stepping R fwd (4.30) (1), Rock L to left side (2), Recover onto R (&), 4.30
3 4 Cross L over R (3), Step R to right side (4), 4.30
5 6 Touch L toe back towards 10.30 (5), Make ½ turn left with exaggerated head roll taking
weight on L (10.30) (6), 10.30
7 8 Rock R back (7), Recover fwd onto L (8). 10.30

[33-40] R PRESS, L RECOVER, R SHUFFLE, L CROSS, 1/8, L PONY BACK.

1 2 Press R fwd (1), Recover onto L hitching R knee slightly (2), 10.30
3 & 4 Step R fwd (3) Step L next to R (&). Step R fwd (4), 10.30
5 6 Cross L over R (5). Make 1/8 turn left stepping R back (6), 9.00
7 & 8 Step L back hitching R knee (7), Step in place on ball of R (&), Step L back hitching R knee
(8). 9.00

[41-48] R BACK ROCK, R KICK, OUT- OUT (R-L), HEEL FLICKS (R-L), POINT SWITCHES (R-L)

1 2 Rock R back (1), Recover fwd onto L (2), 9.00
3 & 4 Kick R fwd (3), Step R slightly to right (&), Step L slightly to left (4), 9.00
5 & 6 & Bend R knee in swivelling R heel to right side (5), Bring R heel back in and take weight (&),
Bend L knee in swivelling L heel to left side (6), Bring L heel back in and take weight (&), 9.00
7 & 8 Point R toe to right side (7) Step R next to L (&), Point L toe to left side (8). 9.00

[49-56] L CROSS, ¼, L SIDE SHUFFLE, R CROSS, ¼, R SIDE SHUFFLE

1 2 Cross L over R (1), Make ¼ turn left stepping R back (2), 6.00
3 & 4 Step L to left side (3), Step R next to L (&), Step L to left side (4), 6.00
5 6 Cross R over L (5), Make ¼ turn right stepping L back (6), 9.00
7 & 8 Step R to right side (7), Step L next to R (&), Step R to right side 9.00

[57-64] L CROSS ROCK, RECOVER, ¼, R FULL SPIRAL, L EXTENDED SHUFFLE, R HITCH

- 1 & 2 Cross rock L over R (1), Recover onto R (&), Make ¼ turn left stepping L fwd (2), 6.00
3 4 Step R fwd (3), Make full turn left on R slightly hitching L knee (4), 6.00
5 & 6 Step L fwd (5) Step R slightly behind L (&), Step L fwd (6), 6.00
& 7 8 Step R slightly behind L (&), Step L fwd (7), Hitch R knee. 6.00

Tag: After wall 2 facing 12.00.

[1-8] R SLIDE, ¼ L SLIDE, ¼ R SLIDE, HIP BUMP, L SLIDE, ¼ R SLIDE, ¼, EXAGGERATED CHEST POP.

- 1 2 Slide R to right side (1), Make ¼ turn left sliding L to left (2), 9.00
3 4 Make ¼ left sliding R to right side (3), Bump hips slightly left while remaining on R (4), 6.00
5 6 Slide L to left side (5), Make ¼ turn right sliding R to right side (6), 9.00
7 8 Make ¼ turn right stepping L to left side, slightly compressing chest inward with palms to chest (7), Pop chest out slightly lifting hands off chest (8). 12.00

Enjoy!
