

# Heavy Metal Thunder

COPPER KNOB  
BY SHEETS

拍数: 112      墙数: 0      级数: Phrased Advanced  
编舞者: Fabian Müller (CH) - May 2022  
音乐: Blame It on the Double - Cory Marks



Description Intro 80 Counts, Part A1 48 Counts, Part A2 80 Counts, Part B 32 Counts,  
Tag 1 16 Counts, Tag 2 48 Counts, Outro 24 Counts

Intro – A1 – 2x B – Tag1 – A2 – 2x B – Tag1 – A2 (64 Counts) – Tag 2 – 3x B – Tag1 - Outro

## INTRO: 80c

### Sect 1 POLLY-POCKETS, O-TOUCH & SWIVEL, HITCH & SWIVEL, POINT & SWIVEL, HITCH

- 1 – 2            R heel diagonal forward left and jump back L – Jump on R and hitch L (Back to center)
- 3 – 4            L heel diagonal forward right and jump back R – Jump on L and hitch R (Back to center)
- 5 – 6            Swivel L heel to right and touch R with right knee pointing right – Swivel L toe right and hitch R
- 7 – 8            Swivel L heel to right and point R to side – Hitch R

### Sect 2 POLLY-POCKETS, SCUFF, STOMP OUT, STOMP OUT, HOLD

- 1 – 2            R heel diagonal forward left and jump back L – Jump on R and hitch L (Back to center)
- 3 – 4            L heel diagonal forward right and jump back R – Jump on L and hitch R (Back to center)
- 5 – 6            Scuff R next to L – Stomp R to side
- 7 – 8            Stomp L to side – Hold

### Sect 3 ½ TOE STRUT TURN, ½ TOE STRUT TURN, ROCK STEP BACK, RECOVER

- 1 – 2            ½ Turn right and touch R toe forward – Step on R
- 3 – 4            ½ Turn right and touch L toe back – Step on L
- 5 – 6            Rock step back R – Hold
- 7 – 8            Recover on L – Hold

### Sect 4 ½ TOE STRUT TURN, ½ TOE STRUT TURN, ROCK STEP FORWARD, RECOVER

- 1 – 2            ½ Turn left and touch R toe back – Step on R
- 3 – 4            ½ Turn right and touch L toe forward – Step on L
- 5 – 6            Rock step forward R – Hold
- 7 – 8            Recover on L – Hold

### Sect 5 LOCK STEP BACK, HOOK, LOCK STEP FORWARD, STOMP UP

- 1 – 2            Step back R – Lock L in front of R
- 3 – 4            Step back R – Hook L in front of R
- 5 – 6            Step forward L – Lock R behind L
- 7 – 8            Step forward L – Stomp up R next to L

### Sect 6 4X TOE TOUCHES

- 1 – 2            Touch R next to L – Step R next to L
- 3 – 4            Touch L next to R – Step L next to R
- 5 – 6            Touch R next to L – Step R next to L
- 7 – 8            Touch L next to R – Step L next to R

### Sect 7 GRAPEVINE, SCUFF, GRAPEVINE, SWEEP

- 1 – 2            Side step R – Cross L behind R
- 3 – 4            Side Step R – Scuff L next to R
- 5 – 6            Side step L – Cross R behind L
- 7 – 8            Side step L – Sweep R

**Sect 8 2X VAUDEVILLE**

- 1 – 2 Cross R in front of L – Side Step L
- 3 – 4 Diagonal heel forward R – Step slightly back R
- 5 – 6 Cross L in front of R – Side Step R
- 7 – 8 Diagonal heel forward L – Step L next to R

**Sect 9 ROCK STEP FORWARD, RECOVER, STEP BACK, HOLD, COASTER STEP, HOLD**

- 1 – 2 Rock step forward R – Recover L
- 3 – 4 Step back R – Hold
- 5 – 6 Step back L – Step R next to L
- 7 – 8 Step forward L - Hold

**Sect 10 ½ TOE STRUT TURN, ½ TOE STRUT TURN, JUMPING BACK ROCK, RECOVER, STOMP UP, HOLD**

- 1 – 2 ½ Turn left and touch R toe back – Step on R
- 3 – 4 ½ Turn left and touch L toe forward – Step on L
- 5 – 6 Jumping back Rock R – Recover L
- 7 – 8 Stomp up R next to L – Hold

**A1****Sect 1 SPEED STOMPS, KICK, FLICK, SPEED STOMPS, KICK, FLICK, SPOMP, POINT**

- 1 a – 2 Stomp R – Stomp L – Kick R forward
- 3 – 4 a Flick R back – Stomp R – Stomp L
- 5 – 6 Kick R forward – Flick R back
- 7 – 8 Stomp forward R – Point L to side

**Sect 2 TOGETHER, POINT, TOGETHER, SCISSOR STEP, SCUFF, HITCH**

- 1 – 2 Step L next to R – Point R to side
- 3 – 4 Step R next to L – Side step L
- 5 – 6 Step R next to L – Cross L in front of R
- 7 – 8 Scuff R next to L – Hitch R

**Sect 3 WEAVE, ¼ TURN ROCK STEP, RECOVER, ¼ TURN SIDE STEP, SCUFF**

- 1 – 2 Side step R – Cross L behind R
- 3 – 4 Side step R – Cross L in front of R
- 5 – 6 ¼ Turn right and rock forward R – Recover L
- 7 – 8 ¼ Turn right and side step R – Scuff L next to R

**Sect 4 VAUDEVILLE, VAUDEVILLE WITH FLICK TURN**

- 1 – 2 Cross L in front of R – Side Step R
- 3 – 4 Diagonal heel forward L – Step slightly back L
- 5 – 6 Cross R in front of L – Side Step L
- 7 – 8 Diagonal heel forward R – ½ Turn right with flick turn (flick R)

**Sect 5 STOMP, HOLD, STOMP, HOLD, STOMP, STEP BACK, HEEL, STEP**

- 1 – 2 Stomp R – Hold
- 3 – 4 Stomp L – Hold
- 5 – 6 Stomp up R next to L – Step back R
- 7 – 8 Heel forward L – Step on L

**Sect 6 SCUFF, STOMP OUT, STOMP OUT, ROTATE WITH TOUCH, KNEE-FLOW, JUMPING BACK ROCK, RECOVER**

- 1 – 2 Scuff R next to L – Stomp out R
- 3 – 4 Stomp out L – Rotate 1/8 to left and put weight on L, right touch next to L

- 5 – 6            Make a circle with R knee clockwise starting with pushing knee forward and end with knee forward  
7 – 8            Jumping rock step diagonal back R – Recover L

## **A2**

### **Sect 1 SPEED STOMPS, KICK, FLICK, SPEED STOMPS, KICK, FLICK, SPOMP, POINT**

- 1 a – 2            Stomp R – Stomp L – Kick R forward  
3 – 4 a            Flick R back – Stomp R – Stomp L  
5 – 6            Kick R forward – Flick R back  
7 – 8            Stomp forward R – Point L to side

### **Sect 2 TOGETHER, POINT, TOGETHER, SCISSOR STEP, SCUFF, HITCH**

- 1 – 2            Step L next to R – Point R to side  
3 – 4            Step R next to L – Side step L  
5 – 6            Step R next to L – Cross L in front of R  
7 – 8            Scuff R next to L – Hitch R

### **Sect 3 WEAVE, ¼ TURN ROCK STEP, RECOVER, ¼ TURN SIDE STEP, SCUFF**

- 1 – 2            Side step R – Cross L behind R  
3 – 4            Side step R – Cross L in front of R  
5 – 6            ¼ Turn right and rock forward R – Recover L  
7 – 8            ¼ Turn right and side step R – Scuff L next to R

### **Sect 4 VAUDEVILLE, VAUDEVILLE WITH FLICK**

- 1 – 2            Cross L in front of R – Side Step R  
3 – 4            Diagonal heel forward L – Step slightly back L  
5 – 6            Cross R in front of L – Side Step L  
7 – 8            Diagonal heel forward R – Flick back R

### **Sect 5 SPEED STOMPS, KICK, FLICK, SPEED STOMPS, KICK, FLICK, SPOMP, POINT**

- 1 a – 2            Stomp R – Stomp L – Kick R forward  
3 – 4 a            Flick R back – Stomp R – Stomp L  
5 – 6            Kick R forward – Flick R back  
7 – 8            Stomp forward R – Point L to side

### **Sect 6 TOGETHER, POINT, TOGETHER, SCISSOR STEP, SCUFF, HITCH**

- 1 – 2            Step L next to R – Point R to side  
3 – 4            Step R next to L – Side step L  
5 – 6            Step R next to L – Cross L in front of R  
7 – 8            Scuff R next to L – Hitch R

### **Sect 7 WEAVE, ¼ TURN ROCK STEP, RECOVER, ¼ TURN SIDE STEP, SCUFF**

- 1 – 2            Side step R – Cross L behind R  
3 – 4            Side step R – Cross L in front of R  
5 – 6            ¼ Turn right and rock forward R – Recover L  
7 – 8            ¼ Turn right and side step R – Scuff L next to R

### **Sect 8 VAUDEVILLE, VAUDEVILLE WITH FLICK**

- 1 – 2            Cross L in front of R – Side Step R  
3 – 4            Diagonal heel forward L – Step slightly back L  
5 – 6            Cross R in front of L – Side Step L  
7 – 8            Diagonal heel forward R – Flick back R

### **Sect 9 STOMP, HOLD, STOMP, HOLD, STOMP, STEP BACK, HEEL, STEP**

- 1 – 2            Stomp R – Hold

- 3 – 4 Stomp L – Hold
- 5 – 6 Stomp up R next to L – Step back R
- 7 – 8 Heel forward L – Step on L

**Sect 10 SCUFF, STOMP OUT, STOMP OUT, HOLD, KNEE-FLOW, JUMPING BACK ROCK, RECOVER**

- 1 – 2 Scuff R next to L – Stomp out R
- 3 – 4 Stomp out L – Rotate 1/8 to left and put weight on L, right in touch next to R
- 5 – 6 Make a circle with R knee clockwise starting with pushing knee forward and end with knee forward
- 7 – 8 Jumping rock step diagonal back R – Recover L

**B: 32c**

**Sect 1 POLLY-POCKETS, O-TOUCH & SWIVEL, HITCH & SWIVEL, POINT & SWIVEL, HOOK**

- 1 – 2 R heel diagonal forward left and jump back L – Jump on R and hitch L (Back to center)
- 3 – 4 L heel diagonal forward right and jump back R – Jump on L and hitch R (Back to center)
- 5 – 6 Swivel L heel to right and touch R with right knee pointing right – Swivel L toe right and hitch R
- 7 – 8 Swivel L heel to right and point R to side – Hook R in front of L

**Sect 2 HOOK, FLICK, CROSS, OUT, HITCH, OUT, ½ TURN HITCH, ½ TURN SCUFF**

- 1 – 2 Jump on R and hook L in front of R – Flick L to side
- 3 – 4 Jumping cross L behind R – Jump out on both feet
- 5 – 6 Jump on L and hitch R – Jump out on both feet
- 7 – 8 ½ Turn left, jump on L and hitch R – ½ Turn left, jump on L and scuff R next to L

**Sect 3 POLLY-POCKETS, CROSSED HEEL, CROSSED TOUCH, CROSSED HEEL, FLICK**

- 1 – 2 R heel diagonal forward left and jump back L – Jump on R and hitch L (Back to center)
- 3 – 4 L heel diagonal forward right and jump back R – Jump on L and hitch R (Back to center)
- 5 – 6 R heel diagonal forward left and jump back L – Touch R toe crossed over L (Swivel L heel left)
- 7 – 8 R Heel diagonal forward left (Swivel L heel right) – Jump on R and flick L to left

**Sect 4 DOUBLE KICK, KICK, JUMPING BACK ROCK, RECOVER, FULL TURN, STOMP UP (STOMP)**

- 1 – 2 Kick forward L – Kick forward L
- 3 – 4 Kick forward R – Jumping rock step back R
- 5 – 6 Recover L – ½ Turn left and step back R
- 7 – 8 ½ Turn left and step forward L – Stomp up R next to L / or full stomp R next to L

**When there is a B is after B, then stomp up. When there is the Tag1 after B, then full stomp.**

**Tag 1**

**Sect 1 HEEL DIP (HEEL, TOUCH, HEEL, TOUCH, HEEL, TOUCH, HEEL, TOUCH)**

- 1 – 2 Jump out with heel forward L and back on toe R – Jump together on L and R touched next to L
- 3 – 4 Jump out with heel forward R and back on toe L – Jump together on R and L touched next to R
- 5 – 6 Jump out with heel forward L and back on toe R – Jump together on L and R touched next to L
- 7 – 8 Jump out with heel forward R and back on toe L – Jump together on R and L touched next to R

**Sect 2 HEEL DIP (HEEL, TOUCH, HEEL, TOUCH), ROCK STEP FORWARD, RECOVER, STOMP, HOLD**

- 1 – 2 Jump out with heel forward L and back on toe R – Jump together on L and R touched next to L
- 3 – 4 Jump out with heel forward R and back on toe L – Jump together on R and L touched next to R
- 5 – 6 Rock forward L – Recover on R

7 – 8 Stomp L next to R – Hold

## Tag 2

### Sect 1 STOMP 4x

1 – 2 Stomp R – Hold

3 – 4 Stomp L – Hold

5 – 6 Stomp R – Hold

7 – 8 Stomp L – Hold

### Sect 2 ½ TURN & STOMP FORWARD, HOLD, STOMP FORWARD, HOLD, STOMP, HOLD 3x

1 – 2 ½ Turn right and stomp forward R – Hold

3 – 4 Stomp forward L – Hold

5 – 6 Stomp R next to L – Hold

7 – 8 Hold – Hold

### Sect 3 DIAGONAL SLIDE BACK

1 – 8 Slide R diagonal back to right and hold

### Sect 4 DIAGONAL SLIDE BACK

1 – 8 Slide L diagonal back to left and hold

### Sect 5 ½ TURN & SLIDE FORWARD

1 – 8 ½ Turn right, slide forward R and hold

### Sect 6 SWIVET THUNDER (SWIVET, SWIVET EXTENDED, HALF SWIVET BACK, SWIVET, JUMP)

1 – 2 Swivel R toe to right and L heel to left – Swivel R toe and L heel back to center

3 – 4 Swivel R toe to right and L heel to left – Swivel R toe to left and L heel to right (feet pointing diagonal to left)

5 – 6 Swivel R heel to left and L toe to right (feet pointing diagonal to right) – Swivel R heel to right and L toe to left

7 – 8 Swivel R heel and L toe back to center - Jump

## OUTRO

### Sect 1 POLLY-POCKETS, O-TOUCH & SWIVEL, HITCH & SWIVEL, POINT & SWIVEL, HITCH

1 – 2 R heel diagonal forward left and jump back L – Jump on R and hitch L (Back to center)

3 – 4 L heel diagonal forward right and jump back R – Jump on L and hitch R (Back to center)

5 – 6 Swivel L heel to right and touch R with right knee pointing right – Swivel L toe right and hitch R

7 – 8 Swivel L heel to right and point R to side – Hitch R

### Sect 2 POLLY-POCKETS, SCUFF, STOMP OUT, STOMP OUT, HOLD

1 – 2 R heel diagonal forward left and jump back L – Jump on R and hitch L (Back to center)

3 – 4 L heel diagonal forward right and jump back R – Jump on L and hitch R (Back to center)

5 – 6 Scuff R next to L – Stomp R to side

7 – 8 Stomp L to side – Hold

### Sect 3 POLLY-POCKETS, O-TOUCH & SWIVEL, HITCH & SWIVEL, POINT & SWIVEL, TOE STAND

1 – 2 R heel diagonal forward left and jump back L – Jump on R and hitch L (Back to center)

3 – 4 L heel diagonal forward right and jump back R – Jump on L and hitch R (Back to center)

5 – 6 Swivel L heel to right and touch R with right knee pointing right – Swivel L toe right and hitch R

7 – 8 Swivel L heel to right and point R to side – Jump on both toes facing 13:30 (Michael Jackson Move)

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