

Honey Dee

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 2 级数: Advanced
编舞者: Dee Musk (UK) - July 2024
音乐: Honey Boy (feat. Nile Rodgers & Shenseea) - Purple Disco Machine & Benjamin Ingrosso



#32 Count Intro – Approx 16 secs. Track approx 3 mins 47 secs. BPM 120.
Track available from iTunes. deedeemusk@gmail.com

Step Left, Hitch Right, Ball, Walk, Walk, ½ Turn Left, ¼ Turn Left With Left Heel Twist, Step Back With Right Heel Twist, Right Coaster Step.

1,2& Step forward on L, hitch R knee, step R beside L.
3,4 Walk forward L, walk forward R.
5,6 Make ½ turn L, make ¼ turn L stepping R to R side twisting L heel in with toes lifted and pointing out.
7 Step back on L twisting R heel in with toes lifted and pointing out.
8&1 Step back on R, step L beside R, step forward on Right. (3.00).

Hold, Step Out L, Step Out R, Drag, Ball, Cross, Hinge ½ Turn Right, Kick, Ball, Cross.

2&3 Hold count 2, step out L, step out R.
4&5 Drag L to beside R, step down on L, cross R over L.
6,7 Make ¼ turn R stepping back on L, make ¼ turn R stepping R to R side.
8&1 Kick L forward across and in front of R, step L to L side cross R over L. (9.00).

Step Back, Step Side, Left Modified Lock Step Forward, Recover With Sweep, Back Sweep, Behind, Side, Cross.

2,3 Step back on L, step R to R side.
4&5 Step forward on L, cross R behind L, press forward on L.
6,7 Recover weight to R sweeping L to behind R, step back on L sweeping R to behind L.
8&1 Cross step R behind L, step L to L side, cross R over L. (9.00).

Hold, Side, Behind, ¼ Turn Left, Step Right ¼ Turn Left, Step Left ¼ Turn Left, Right Shuffle Forward.

2&3 Hold count 2, step L to L side, cross step R behind L.
4 Make ¼ turn L stepping forward on L.
5-6 Make ¼ turn L stepping forward R, make ¼ turn L stepping forward L
(making a walk around ½ turn Left).
7&8 Step forward R, step L beside R, step forward R. (12.00).

****Restart during wall 2 begin again facing 6.00.**

Left Heel Grind, Recover, Ball, Right Heel Grind, Recover, Ball, Cross, Right ¼ Turn Forward Rock, Recover, ¼ Turn Right Step Side.

1,2& Grind L over R, recover weight to R, step L beside R.
3,4& Grind R over L, recover weight to L step R beside L.
5 Cross L over R.
6,7 Make ¼ turn R rocking forward on R, recover weight to L.
8 Make ¼ turn R stepping R to R side. (6.00).

Cross, Back, Side, Cross, Back, Side, Cross Rock, Recover, ¼ Turn Left, Cross Rock, Recover, Side.

1,2& Cross L over R, step back on R, step L to L side.
3,4& Cross R over L, step back on L, step R to R side.
5,6,7 Cross rock L over R, recover weight to R, make ¼ turn L stepping forward on L.
8&1 Cross rock R over L, recover weight to L, step R to R side (keeping knees soft). (3.00).

Touch, Point, Sailor Step, Cross, ¼ Turn Right, Right Lock Step Back.

- 2,3 Touch L in front of R, point L to L side.
4&5 Cross step L behind R, step R to R side, step L in place.
6,7 Cross R over L, make ¼ turn R stepping back on L.
8&1 Step back on R, cross L over R, step back on R. (6.00).

Knee Pop Right, Knee Pop Left, Left Sailor Step, Right Sailor Step, Back, Together.

- 2,3 Step back on L popping R knee, step back on R popping L knee.
4&5 Cross step L behind R, step R to R side, step L in place.
6&7 Cross step R behind L, step L to L side step R in place.
8& Step back on L, step R beside L. (6.00).

For an Improver floor split, check out a cool dance by Charles Alexander - also called 'Honey Boy'.

"Huge thanks to my good friend Lillemor for sending me this cracking track!

Finishes facing 12.00 - Enjoy and Smile!
