

Kung Fu With Us

COPPER KNOB
BY STEPHEN BRETZ

拍数: 100 墙数: 1 级数: Phrased Low Intermediate
编舞者: Salfoo (MY) & EWS Winson (MY) - February 2025
音乐: Kung Fu Beat - Chipz



Intro : 32 counts in from heavy beats (Approx 0.26 sec)

Note(s) : B+ means there is an additional set of steps prior to section B5.

Sequence : A, B, C, C, A, B, C, B+, B, C-, C, Ending

Part A (32 counts)

#A1 (1-8) (R Side, L Hitch, L Side, R Hitch - with R-L Shuto Uchi [Karate Moves - Knife Hand Strikes]) X2

- 1-4 Weight on LF: Step RF to R side (1), lift L knee beside RF (2) - slash R hand forward to L diagonal, step LF to L side (3), lift R knee beside LF (4) - slash L hand to R diagonal 12.00
- 5-8 Step RF to R side (5), lift L knee beside RF (6) - slash R hand forward to L diagonal, step LF to L side (7), lift R knee beside LF (8) - slash L hand to R diagonal 12.00

#A2 (9-16) (R Forward Kick & Step, Hold, L-R Forward Fist Punches) X2

- 1-3 Kick RF forward (1) - slightly open body to L diagonal, step RF in place (2) - keep weight on LF, hold for 1 count (3) 12.00
- &4 Punch L fist forward (&), collect L fist and punch R fist forward (4) 12.00
- 5-7 Kick RF forward (5) - slightly open body to L diagonal, step RF in place (6), hold for 1 count (7) 12.00
- &8 Punch L fist forward (&), collect L fist and punch R fist forward (8) - keep weight on RF 12.00

#A3 (17-24) (L Side, R Hitch, R Side, L Hitch - with L-R Shuto Uchi [Karate Moves - Knife Hand Strikes]) X2

- 1-4 Step LF to L side (1), lift R knee beside LF (2) - slash L hand forward to R diagonal, step RF to R side (3), lift L knee beside RF (4) - slash R hand to L diagonal 12.00
- 5-8 Step LF to L side (5), lift R knee beside LF (6) - slash L hand forward to R diagonal, step RF to R side (7), lift L knee beside RF (8) - slash R hand to L diagonal 12.00

#A4 (25-32) L Forward Kick & Step, Hold, R-L Forward Fist Punches, R Jazz Box with L Forward

- 1-3 Kick LF forward (1) - slightly open body to R diagonal, step LF in place (2), hold for 1 count (3) 12.00
- &4 Punch R fist forward (&), collect R fist and punch L fist forward (4) - keep weight on LF 12.00
- 5-8 Cross RF over LF (5), step LF back (6), step RF to R side (7), step LF forward (8) 12.00

Part B (36 counts)

#B1 (1-8) R-L Forward Walk, R Forward Shuffle, L Pivot ¼ (R), L Cross Shuffle

- 1-2 Step forward on RF (1), step forward on LF (2) 12.00
- 3&4 Step forward on RF (3), step LF next to RF (&), step RF forward (4) 12.00
- 5-6 Step LF forward (5), turn ¼ R over R shoulder (6) 3.00
- 7&8 Cross LF over RF (7), step RF to R side (&), cross LF over RF (8) 3.00

#B2 (9-16) R-L 'K' Step with Claps

- 1-4 Step RF forward to R diagonal (1), touch L toes beside RF and clap (2), step LF back to L diagonal (3), touch R toes beside LF and clap (4) 3.00
- 5-8 Step RF back to R diagonal (5), touch L toes beside RF and clap (6), step LF forward to L diagonal (7), touch R toes beside LF and clap (8) 3.00

#B3 (17-24) R Side Rock & Recover ¼ (R), R Back Shuffle, L Back Rock & Recover, L Forward Shuffle

- 1-2 Rock RF to R side (1), recover weight on LF turning ¼ R over R shoulder (2) 6.00
- 3&4 Step RF back (3), step LF next to RF (&), step RF back (4) 6.00
- 5-6 Rock LF back (5), recover weight on RF (6) 6.00
- 7&8 Step forward on LF (7), step RF next to LF (&), step LF forward (8) 6.00

#B4 (25-32) R Rocking Chair, R Forward, Heel Bounce ½ (L)

- 1-4 Rock RF forward (1), recover weight on LF (2), rock RF back (3), recover weight on LF (4) 6.00
- 5-8 Step RF forward (5), bounce heels X3 turning ½ L over L shoulder (6-7-8) - keep weight on LF 12.00

#B+ R Forward Kick Across, R Forward Kick, R Coaster Step, L Forward Kick Across, L Forward Kick, L Coaster Step

- 1-2 Kick RF across L knee (1), kick RF forward (2) 12.00
- 3&4 Step RF back (3), close LF beside RF (&), step RF forward (4) 12.00
- 5-6 Kick LF across R knee (5), kick LF forward (6) 12.00
- 7&8 Step LF back (7), close RF beside LF (&), step LF forward (8) 12.00

#B5 (33-36) R Forward Hip Bumps X2, L Recover & Back Hip Bumps X2

- 1-4 Step RF forward and bump hips forward X2 (1-2), recover weight on LF and bump hips back X2 (3-4) - keep weight on LF 12.00

Part C (32 counts)**#C1 (1-8) R-L Forward Walk, R Forward Kick X2, R Back Diagonal, L Hitch, L Side, Kung Fu Squat with L&R Fists Clenched**

- 1-4 Step forward on RF (1), step forward on LF (2), kick RF forward X2 (3-4) 12.00
- 5-6 Step RF back on R diagonal (5), lift L knee beside RF (6) 12.00
- 7-8 Step LF to L side (7), bend both knees while clenching both fists and place them on each side at waist level (8) - imagine doing a horse stance / kung fu squat 12.00

#C2 (9-16) R-L Cross Points, R Behind, L Side Point, L Behind, R Side Point

- 1-4 Cross RF over LF (1), point L toes to L side (2), cross LF over RF (3), point R toes to R side (4) - clench L fist and place R hand with open fingers placing on top of L fist (known as Bao Quan Li) - imagine doing a kung fu greeting gesture [To hit the lyrics Who will be the master?] 12.00
- 5-8 Cross RF behind LF (5), point L toes to L side (6), cross LF behind RF (7), point R toes to R side (8) - flex both muscles as if you're in a gym [To hit the lyrics Who will take the lead?] 12.00

#C3 (17-24) R-L Forward Walk, R Forward Kick X2, R Back Diagonal, L Hitch, L Side, R-L Fists Down

- 1-4 Step forward on RF (1), step forward on LF (2), kick RF forward X2 (3-4) 12.00
- 5-6 Step RF back on R diagonal (5), lift L knee beside RF (6) 12.00
- 7&8 Step LF to L side (7), put R fist down to R side (&), put L fist down to L side (8) 12.00

#C4 (25-32) R-L Cross Points, R Pivot ½ (L) X2

- 1-4 Cross RF over LF (1), point L toes to L side (2), cross LF over RF (3), point R toes to R side (4) - clench L fist and place R hand with open fingers placing on top of L fist (known as Bao Quan Li) - imagine doing a kung fu greeting gesture [To hit the lyrics Who will be the master?] *** C- 12.00
- 5-8 Step RF forward (5), turn ½ L over L shoulder (6), step RF forward (7), turn ½ L over L shoulder (8) 12.00

Ending: Repeat Section C4 and make the kung fu greeting gesture (clench L fist and place R hand with open fingers on top of L fist) and bow to finish the dance.
