

I Slay All Day

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2
编舞者: Ray Okuda (USA) - April 2025
音乐: I Slay - Tina Parol



Intro: 32 Counts - No Tags - No Restarts

PATTERN: AA B CC B AA B CC B AA B CC

PHRASE A: 16c

[1-8] Syncopated Jazz Box Cross, Side Rock, R Swivel, Hitch, Step Forward

1&2& Cross R over L (1), Step L back (&), Step R to right side (2), Cross L over R (&)
3 - 4 Rock R to right side (3), Recover L (4)
5&6& Swivel R heel in (5), Swivel R toe in (&), Swivel R heel in (6), Swivel R toe in (&)
7 - 8 Hitch R knee up (7), Step R forward (8)

[9-16] Step Left, ¼ Pivot, Cross Shuffle, ¾ Turn Left Gliding Box, Step Left

1 - 2 Step L Forward (1), ¼ right putting weight on R (2)
3&4 Cross L over R (3), Step R next to L (&), Cross L over R (4)
5 - 6 Slide/step R to right turning ¼ left (5), Slide/step L to left turning ¼ left (6)
7 - 8 Slide/step R to right turning ¼ left (7), Step L forward (8)

PHRASE B: 16c

[1-8] Side Rock, Flick, Cross Shuffle, Side Rock, Behind Side Cross

1 - 2 Rock R to right side (1), Recover L and flick R out to right side (2)
3&4 Cross R over L (3), Step L next to R (&), Cross R over L (4)
5 - 6 Rock L to left side (5), Recover R (6)
7&8 Cross L behind R (7), Step R to R side (&), Cross L over R (8)

[9-16] Step, Together, Head Nod, Full Circle Walk Left

1 - 2 Step R to right side (1), Step L next to R (2)
3&4 Tip head down (3), Tip head up (&), Tip head down (4)
5 - 6 Step R forward turning ¼ left (5), Step L forward turning ¼ left (6)
7 - 8 Step R forward turning ¼ left (7), Step L forward turning ¼ left (8)

PHRASE C: 16c

[1-8] Rock R, Sweep, Pony Back, Rock Back, Walk R, L

1 - 2 Rock R forward (1), Recover L while sweeping R from front to back (2)
3&4 Step R back and hitch left knee (3), Step L (&), Step R behind and hitch left knee (4)
5 - 6 Rock L back (5), Recover R (6)
7 - 8 Walk L forward (7), Walk R forward (8)

[9-16] ¼ Pivot left with C Bump, Cross Shuffle, ¾ hinge turn left, ½ Turn Spiral, Step L

1&2& ¼ pivot left while bumping right hip up keeping weight on R (1), Recover hip back to center (&), Bump right hip down (2), Recover hip back to center and transfer weight to L (&)
3&4 Cross R over L (3), Step L next to R (&), Cross R over L (4)
5 - 6 Step L forward making a ¼ turn left (5), Step R back making a ½ turn left (6)
7 - 8 ½ turn left on R while hooking L in front of R (7), Step L to left side (8)

[ENDING: Last phrase of C: Dance through C Bump (10 counts) then ¼ pivot left to face front and pose]