

Keep On Dancing

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4
编舞者: Elizabeth Allison (USA)
音乐: Hella Good - No Doubt

级数: Intermediate hip hop



Sequence: A B A A B B C A B B A B B

PART A

KICK BALL POINTS

- 1&2 Kick right foot forward, step right foot next to left, point left foot to left side
- 3&4 Kick left foot forward, step left foot next to right, point right foot to right side
- 5&6 Kick right foot forward, step right foot next to left, point left foot to left side
- 7&8 Kick left foot forward, step left foot next to right, point right foot to right side

DIAGONAL HIP BUMPS FORWARD AND BACK

- 1&2 Step right foot diagonally forward (1:00) bump right hip forward, left hip back, right hip forward
- 3&4 Step left foot diagonally forward (11:00) bump left hip forward, right hip back, left hip forward
- 5&6 Step right foot back diagonally (5:00) bump right hip back, left hip forward, right hip back
- 7&8 Step left foot back diagonally (7:00) bump left hip back, right hip forward, left hip back

MONTEREY TURNS WITH EXAGGERATED SHOULDERS

- 1 Point right foot to right side, rotate shoulders slightly left (prepping for right turn)
- 2 Sweep right foot behind, turning $\frac{1}{2}$ turn to right, step right foot next to left
- 3 Point left foot to left side, rotate shoulders slightly right (follow thru from turn)
- 4 Step left foot next to right
- 5 Point right foot to right side, rotate shoulders slightly left (prepping for right turn)
- 6 Sweep right foot behind, turning $\frac{1}{2}$ turn to right, step right foot next to left
- 7 Point left foot to left side, rotate shoulders slightly right (follow thru from turn)
- 8 Step left foot next to right

CHARLESTONS WITH MASHED POTATO FEET

- & Weight on ball of left foot, swing right foot to side flicking heels out
- 1 Touch right foot toe in front of left foot, flicking heels in
- & Weight on ball of left foot, swing left foot to side flicking heels out
- 2 Step right foot ball behind left foot, flicking heels in
- & Weight on the ball of right foot, swing left foot to side flicking heels out
- 3 Touch left foot toe behind right foot, flicking heels in
- & Weight on ball right foot, swing left foot to side flicking heels out
- 4 Touch left foot toe on front of right foot, flicking heels in
- & Step left diagonally left, swing right foot to side making $\frac{1}{4}$ turn left, flicking heels out
- 5 Touch right foot toe in front of left foot, flicking heels in
- & Weight on ball of left foot, swing left foot to side flicking heels out
- 6 Step right foot ball behind left foot, flicking heels in
- & Weight on the ball of right foot, swing left foot to side flicking heels out
- 7 Touch left foot toe behind right foot, flicking heels in
- & Weight on ball right foot, swing left foot to side flicking heels out
- 8 Step left foot next to right foot, flicking heels in

PART B

WALK WALK, STEP, CROSS BEHIND, RECOVER, BODY ROLLS

- 1 Walk right forward, cross fists over head

- 2 Walk left forward, smack hands on hips or butt
- 3 Step right to right side
- 4 Cross rock left foot behind right
- & Recover step left foot to left side, legs shoulder width apart
- 5-6 Left body roll diagonally down starting with right shoulder, leaning back on left leg
- 7-8 Right body roll diagonally down starting with left shoulder, leaning back on right leg

TOE POINTS WITH HOLDS

- 1& Point left foot diagonally forward left (11:00), step left foot back
- 2& Point right foot diagonally forward (1:00), step right foot back
- 3 Point left foot diagonally forward left (11:00)
- 4 Hold
- & Step left foot next to right
- 5& Point right foot diagonally forward (1:00), step right foot back
- 6& Point left foot diagonally forward (11:00), step left foot back
- 7 Point right foot diagonally forward (1:00)
- 8 Hold

SWIVEL SEAT BELTS, SWIVEL SIDE PUSHES

- 1 Swivel ¼ turn left reaching right hand over left shoulder (like grabbing a seat belt)
- 2 Bring right foot next to left, pull seat belt down to your right hip, holding your hip
- 3 Swivel ¼ turn right, left toe to left side for balance, reaching left hand over right shoulder
- 4 Bring left foot next to right, pull seat belt down to your left hip, holding your hip
- 5 Swivel ¼ turn left, right toe to right side for bal., push right hand across chest, left hand down
- 6 Bring right foot next to left, place hands on hips
- 7 Swivel ¼ turn right, left toe to left side for bal., push left hand across chest, right hand down
- 8 Bring left foot next to right, place hands on hips

KNEE ROLLS, TOE POINTS

- 1 Touch left foot to left side
- 2 Roll left knee outward making 1/8 turn left
- 3 Roll left knee outward making 1/8 turn left
- 4 Hold
- &5 Step left foot next to right, point right foot forward
- &6 Step right foot next to left, point left foot forward
- &7 Step left foot next to right, point right foot forward
- 8 Hold

PART C

BALLET ARMS, HIP THRUSTS (FOUR WALLS TO MAKE COMPLETE TURN)

- 1-2 Step right to right side, swing right arm in front and over head (like a ballerina)
- 3-4 Step left to left side, swing left arm in front and over head
- 5 Push hips back while swinging arms straight forward
- 9 Push hips forward while swinging arms past your hips, behind you
- 10 Push hips back while swinging arms past your hips, straight forward
- 11 Push hips forward while swinging arms past your hips, behind you
- & Turn ¼ turn left as you step with your right into the beginning of this phrase

Do four times, each on new wall, will make a full turn

You can funk this up any way you want to. The beat is heavy so it's hard to lose. When doing the hip bumps in Phrase A, you can do shoulder shrugs, alternating shoulders with hips. Makes it a little more "showy". When it calls for body rolls, you can roll your hands down your sides with the roll to make it more "slinky"
