

The Killer Battery

COPPER **KNOB**
BY STEPHEN BRAY

拍数: 96 墙数: 2 级数: Advanced
编舞者: Steven Bray
音乐: Battery - Metallica And San Francisco Symphony Orchestra



KNEE LIFTS, BACK TOUCH, SIDE TOUCH

1& Weight on left foot and raise your right-leg, right foot down
2& Weight on left foot and raise your right-leg, right foot down
3& Weight on left foot and raise your right-leg, right foot down
4 Right-knee up and bent your upper body to that knee
5-6 Step back on right, touch left beside right
7-8 Step left to left side making $\frac{1}{4}$ turn right, touch right beside left

SHUFFLE, SHUFFLE, SHUFFLE, SHUFFLE

9&10 Step right to right side, step left beside right, step right to right side
11&12 Step left to left side, step right beside left, step left to left side
13&14 Step forward on right, step left beside right, step right forward
15&16 Step left to left side, step right beside left, touch left to left side

SAILOR TURN, SHUFFLE, SAILOR TURN, SHUFFLE

17&18 Step right behind left making $\frac{1}{4}$ turn right, step forward left making $\frac{1}{4}$ turn right, step right to right side making $\frac{1}{2}$ turn right
19&20 Step left to left side, step right beside left, touch left to left side
21&22 Step left behind left making $\frac{1}{4}$ turn left, step forward left making $\frac{1}{4}$ turn left, step left to left side making $\frac{1}{2}$ turn left
23&24 Step left to left side, step right beside left, step left to left side

JUMPS $\frac{1}{2}$ TURN, TURNING JUMPS, SHOULDER JIVING, INWARD SLIDE

25&26 Jump both feet apart, jump both feet together, jump both feet apart making $\frac{1}{2}$ turn right
27& Jump making $\frac{1}{2}$ turn right, jump making $\frac{3}{4}$ turn (landing in crouched position with both feet shoulder width apart)
28 Thrust right shoulder to right diagonal
29 Thrust left shoulder to left diagonal
30&31 Thrust right shoulder to right diagonal, thrust left shoulder to left diagonal, thrust right shoulder to right diagonal
32 (While leaving crouched position) slide both feet together

TIGER SLIP, TIGER SLIP, TIGER SLIP, SHAKY KNEES & ARM JIVES

33 Slide right foot back while leaning back and rising back of right hand in front of face
34 Slide right foot forward while returning right hand to right side and returning to an upright position (taking weight)
35 Slide left foot back while leaning back and rising back of left hand in front of face
36 Slide left foot forward while returning left hand to left side and returning to an upright position (taking weight)
37 Slide right foot back while leaning back and rising back of right hand in front of face
38 Slide right foot forward while returning right hand to right side and returning to an upright position (taking weight)
39 Pop both knees out while going up on your toes leaning to the right
& Pop both knees still up on your toes leaning to the right
40 Pop both knees out while going up on your toes leaning to the right

Hands: both hands about shoulder width apart (39), cross both arms making an x (&), return both hands shoulder width apart (40)

STOMPS & NODS, JUMPS

- 41 Stomp right at 45 degrees angle right and nod
& Raise right leg into low-hitch and raise head to an upright position
42 Stomp right at 45 degrees angle right and nod
& Raise right leg into low-hitch and raise head to an upright position
43 Stomp right at 45 degrees angle right and nod
& Raise right leg into low-hitch and raise head to an upright position
44 Stomp right at 45 degrees angle right and nod
& Raise head to upright position and step right beside left
45 Jump both feet apart making $\frac{1}{4}$ turn right
& Jump both feet together making $\frac{1}{4}$ turn right
46 Jump both feet apart making $\frac{1}{4}$ turn right
& Jump both feet together making $\frac{1}{2}$ turn left
47 Jump both feet apart making $\frac{1}{2}$ turn right
& Jump both feet together making $\frac{1}{2}$ turn left
48 Jump both feet apart making full turn right

BODY ROLLS, METAL ARM STYLING & STOMPS, METAL ARM STYLING NODS

- 49-50 Body roll down
51-52 Body roll up
53-54 Stomp right twice at 45-degree angle right leaning body right as you stomp
55-56 Nod twice at 45-degree angle right leaning body right as you nod

Hands: on counts 53-56, bring hands up in front of chest holding your middle two fingers with thumb moving hands as you nod/stomp

POINT, TURN, POINT, TURN, POINT, TURN, POINT, TURN, POINT, TURN, POINT, TURN, POINT

- 57 Point right to right side
& Make a $\frac{1}{2}$ turn right
58 Point right to right side
& Make $\frac{1}{2}$ turn left
59 Point right to right side
& Make a $\frac{3}{4}$ turn right bringing right beside left
60 Point left to left side
& Make a $\frac{1}{2}$ turn left
61 Point left to left side
& Make a $\frac{1}{2}$ turn right
62 Point left to left side
& Make a $\frac{3}{4}$ turn left
63 Point right to right side
&64 Make 2 full turns

SQUARE MASH POTATOES, POINTED SCUFFS, SAILOR TURN

- 65 Step right behind left swiveling both heels out, in
66 Step left behind right making $\frac{1}{4}$ turn left swiveling both heels out, in
67 Step right behind left making $\frac{1}{4}$ turn left swiveling both heels out, in
68 Step left behind right making $\frac{1}{4}$ turn left swiveling both heels out, in
69-70 (Keep toe pointed) scuff right twice at 45 degrees right
71&72 Step left behind left making $\frac{1}{4}$ turn left, step forward left making $\frac{1}{4}$ turn left, touch left to left side

REPEAT COUNTS 65-70 ON OPPOSITE FOOT, $\frac{1}{4}$ TURN SAILOR

- 73-78 Repeat counts 65-70 on opposite foot
79&80 Step left behind left making $\frac{1}{4}$ turn left, step forward left, touch left to left side

FORWARD MASH POTATOES, SNAKE ROLL, HEAD PUSHES

- 81 Step right in front of left swiveling both heels in
& Raise left swiveling both heels out
82 Step left in front of right swiveling both heels in
& Raise right swiveling both heels out
83 Step right behind left swiveling both heels in
& Raise left swiveling both heels out
84 Step left in front of right swiveling both heels in
85-86 Snake roll right while leaning down
87-88 Push head left twice rising up

SLOW BODY ROLL, BODY ROLL, NODS & STOMPS

- 89-92 Body roll down over 4 counts
93-94 Body roll up

After body roll up, your head should flow into next steps

- 95-96 Nod twice (should flow from upward body roll) while stomping right twice (not taking weight)

REPEAT
