

Language Of The Body

COPPER **KNOB**
BY STEPHEN METZ

拍数: 0 墙数: 2 级数: Intermediate samba
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音乐: Hips Don't Lie - Shakira



Sequence: ABB AB ABB AB C BB A

PART A

SIDE ROCK RECOVER, SIDE ROCK ¼ TURN, SIDE ROCK RECOVER

- &1&2 Cross left over right, step right to right side, rock left slightly behind right, recover weight to right crossing right slightly over left
- 3&4 Step left to left side, rock right slightly behind left, recover weight to left crossing left slightly over right
- 5&6 Step right to right side, step left next to right, cross right over left turning ¼ turn to right
- 7&8 Step left to left side, rock right slightly behind left, recover weight to left crossing left slightly over right

¼ TURN SAMBA BOX

- &1&2 Step right to right side, cross left over right, step right slightly to right side, step left back
- 3&4 Starting ¼ turn to left cross right behind left completing ¼ turn to left, step left slightly to left side, step right forward
- 5&6 Starting ¼ turn to left cross left over right completing ¼ turn to left, step right slightly to right side, step left back
- 7&8 Starting ¼ turn to left cross right behind left completing ¼ turn to left, step left slightly to left side, step right forward

PART B

SAMBA PULL BACKS

- 1&2 Rock forward on left, recover weight to right, step left slightly in front of right
- 3&4 Rock forward on right, recover weight to left, step right slightly in front of left
- 5&6 Repeat counts 1&2
- 7&8 Repeat counts 3&4

CROSS ROCK, WEAVE, MAMBO STEP, HIP BUMPS

- 1&2 Cross left over right turning ¼ turn to left, rock right to right side, recover weight to left
- 3&4 Cross right over left, step left to left side, cross right behind left
- 5&6 Turning ¼ to left rock forward on left, recover weight back on right, step back slightly on left settling into left hip
- 7&8& Bump right hip forward, bump left hip back, bump right hip forward, bump left hip back turning ¼ turn to left settling into hip

WEAVE, TRIPLE TURN, ¼ TURN, HIP BUMPS

- 1&2 Step right behind left, step left to left side, step right forward
- 3&4 Cross left in front of right turning ¼ to left, step right back turning ¼ to left, lock left in front of right
- 5&6 Step right back turning ¼ to left, step forward on left turning ¼ to left, step right to right side turning ¼ to left (settle into right hip)
- 7&8 Turning ¼ to left bump left hip forward, bump right hip back, bump left hip forward

TRIPLE FORWARD (TWICE), MAMBO STEP, 2 FULL TURNS

- 1&2 Triple forward right, left, right
- 3&4 Triple forward left, right, left
- 5&6 Rock forward on right, recover weight back to left, step right to right side turning ¼ to right

&7&8 Step left to left side turning $\frac{1}{2}$ to right, step right to right side turning $\frac{1}{2}$ to right, step left to left side turning $\frac{1}{2}$ to right, step right to right side turning $\frac{1}{2}$ to right

Alternate steps

&7&8 Cross left over right, step right to right side, cross left behind right, step right to right side

PART C

HIP BUMPS

1-4 Bump hips left, right, left, right
