

Main Event

COPPERKNOB
STEPSHEETS

拍数: 172 墙数: 4 级数: Advanced
编舞者: Robert Cordoba (USA) & Doug Endo (USA)
音乐: Gonna Make You Sweat - C&C Music Factory



Start 1/4 turn to Right from main wall

- 1-4 Forward 4 steps (right, left, right, left)
& Running man Bring right foot up to left knee
5 Bring right down, slide left back
& Bring left foot up to right knee
6 Bring left down, slide right back
& Bring right foot up to left knee
7 Step forward on right pivoting $\frac{1}{4}$ to left
8 Slide left behind right
- 9 Hop cross left over right
10 Pivot $\frac{1}{2}$ to right
11&12 Hop 3 times pivoting $\frac{1}{2}$ to left
- 13-14 Push step to right with right, back to center
15-16 Push step to left with left, back to center
17-18 Pivot $\frac{1}{4}$ turn to left, push to right with right, back to center
19-20 Pivot $\frac{1}{4}$ turn to right, push to left with left, back to center
- 21 Hop while pivoting to left $\frac{1}{4}$
22 Hop while pivoting to right $\frac{1}{2}$
23 Hop while pivoting to left $\frac{1}{2}$
24 Hop backwards with both feet
25 Step to side with left
26 Slide right to left
27 Step forward with left
28 Slide right to left while pivoting $\frac{1}{4}$ to right
- 29 Hop forward with both feet
30-32 Pivot backwards on right a full turn using left to push 3 times
33& Kick right to side
34& Kick left to side
35& Toes out, in
36& Toes out, in, then pivot $\frac{1}{4}$ turn to left
37& Kick right to side
38& Kick left to side
39& Toes out, in
40& Toes out, in
- 41-44 Step with left 4 times to right turning $\frac{1}{2}$ (pivot on right, weight left)
45-48 Step with right 4 times to left turning $\frac{1}{2}$ (pivot on left, weight right)
- 49&50 Jump with feet apart, jump together, jump with feet apart
& Jump $\frac{1}{2}$ to right, land with feet together
51& Jump out, jump in

52& Jump out, jump $\frac{1}{2}$ to left, land with feet together
 53& Jump out, jump in
 54& Jump out, jump $\frac{1}{2}$ to right, land with feet together
 55&56 Jump out, jump in, jump out

 57-60 Step with right 4 times to left turning $\frac{1}{4}$ (pivot on left, weight right)

 61& Kick left to front, step back left
 62& Step back right, step left in place
 63 Step forward with right
 64 Slide left to right, turn $\frac{1}{4}$ to left
 65& Kick left to front, step back left
 66& Step back right, step left in place
 67 Step forward with right
 68 Slide left to right, turn $\frac{1}{4}$ to left
 69& Kick left to front, step back left
 70& Step back right, step left in place
 71 Step forward with right
 72 Slide left to right, turn $\frac{1}{4}$ to left
 73& Kick left to front, step back left
 74& Step back right, step left in place
 75 Step forward with right
 76 Slide left to right, turn $\frac{1}{4}$ to left

 77& Kick left to front, step back left
 78& Step back right, step left in place
 79 Step forward with right
 80 Slide left behind right

 81 Pivot $\frac{1}{4}$ to right while kicking out with left
 & Step in place with left
 82& Step behind with right, step to side with left

 83& Kick out with right, step in place with right
 84& Step behind with left, step to side with right
 85& Kick out with left, step in place with left
 86& Step behind with right, step to side with left

 87 Step forward with right
 88 Pivot $\frac{1}{4}$ to left, sliding left to right

 & Running man Bring right foot up to left knee
 89 Bring right down, slide left back
 & Bring left foot up to right knee
 90 Bring left down, slide right back
 & Bring right foot up to left knee
 91 Step forward on right
 &92 Swivel heels to right, then back to center
 & Running man Bring right foot up to left knee
 93 Bring left down, slide right back
 & Bring right foot up to left knee
 94 Bring right down, slide left back
 & Bring left foot up to right knee

95 Step forward on left
 &96 Swivel heels to left, then back to center
 97 Jump with feet apart
 98 Jump together crossing right over left
 99&100 Jump out, jump together, jump out

 101-104 With feet apart, hop to right 4 times
 105& Moving back to left: toes in, out
 106& Toes in, out
 107& Toes in, out
 108 Toes in

 109 Right leg up to right with right arm up (elbow bent)
 110 Step to right push right arm back
 111-112 Step to right 2 times
 113 Step back on right
 114 Step back left
 115 Step back right
 116 Hold

 117 Weight on left, pivot ½ to left with right
 118 Pivot ½ back
 119 Pivot ½ to left
 &120 Jump and cross right over left, jump apart
 121 Pivot ½ to right
 122 Pivot ½ back
 123 Pivot ½ to right
 &124 Jump and cross right over left, jump apart

 125-126 Step big step forward with right for 2 beats
 127-128 Step left to right for 2 beats
 129-130 Step back with left for 2 beats
 131-132 Step right to left for 2 beats

 &133-136 Raise right foot to left knee, step to right with right, slide left to right
 &137-140 Raise left foot to right knee, step to left with left, slide right to left
Original choreography of previous 8 beats:
 & Raise right foot to left knee
 133 Step to right with right
 134 Slide left to right
 135&136 Toes out, in, out
 & Raise left foot to right knee
 137 Step to left with left
 138 Slide right to left
 139&140 Toes out, in, out

 141-144 Walk forward right, left, right, left

 145& Jump with feet apart, jump together
 146& Jump feet apart, jump together
 147& Jump feet apart, jump together
 148& Jump feet apart, jump together, turning ¼ to left

- 149& Kick to side with right, cross right over left (weight on right) (kick, cross)
150& Step back on left, forward touch with right heel, step on right (hitch, step)
151& Kick to side with left, cross left over right (weight on left) (kick, cross)
152& Step back on right, forward touch with left heel, step on left (hitch, step)
153& Kick to side with right, cross right over left (weight on right) (kick, cross)
154& Step back on left, forward touch with right heel, step on right (hitch, step)
155& Kick to side with left, cross left over right (weight on left) (kick, cross)
156& Step back on right, forward touch with left heel, step on left (hitch, step)
- 157 Squat down
158 Come back up
- 159& Kick out with left, step in place with left
160& Step behind with right, step to side with left
161& Kick out with right, step in place with right
162& Step behind with left, step to side with right
163& Kick out with left, step in place with left
164 Step behind with right, step to side with left
165& Step back on right, rock forward on left
166& Rock back on right, rock forward on left
- 167& Kick out with right, step in place with right
168& Step behind with left, step in place with right
169& Kick out with left, step in place with left
170& Step behind with right, step in place with left
171 Cross right over left
172 Pivot ½ to left

REPEAT
