

My Noise

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Brian Barakauskas (USA)
音乐: Bringin' Da Noise - *NSYNC



KICK BALL CHANGE, TOUCH ½ TURN, COASTER BACK, STEP PIVOT

1&2 Kick left foot forward, step left in place, step right next to left
3-4 Touch left foot out to left side, step left next to right, pivoting ½ turn left
5&6 Step right foot back, step left next to right, step right foot forward
7-8 Step left foot forward, pivot ½ turn to the right keeping weight on left (right heel lifted)

BUMP, BUMP, KICK BALL CHANGE (RAISE THE ROOF), WALK FORWARD, CLAP

1-2 Bump right hip forward/up twice
3&4 Kick right foot forward, step back on right, touch left in front of right, with body leaning back over right and arms raised in front of face making a "raise the roof" gesture
5-8 Walk forward left-right-left-right, on last step, step right out to side and clap on last step

LOOK RIGHT, LOOK LEFT, BODY ROLL, SHAKE UP

1-2 Look right, look left with ¼ turn to the left
3-4 Body roll back over right leg (now forward direction is towards left leg)
5-8 Bump left hip up for 4 counts, ending with weight on left

SHUFFLE RIGHT, KICK AND CROSS, MAMBO RIGHT, MAMBO LEFT (TOUCH)

1&2 Shuffle right-left-right
3-4 Kick left out to left side, step left over right
5&6 Step right out to right side, step left in place, step right next to left
7&8 Step left out to left side, step right in place, touch left next to right

REPEAT
