

Natural Selection

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Advanced
编舞者: Guyton Mundy (USA)
音乐: Gotta Get Through This - Daniel Bedingfield



There are many versions of this song, and just about any starting point feels fine. But if you start 16 counts after the first vocals, you will do count 16 on a big drum hit. Very cool

POINT, STEP BEHIND, UNWIND, KICK, STEP BACK, POINT, CROSS

- 1-2 Right point to right side, right step behind left (place both hands behind head on count 2)
- 3-4 Unwind one full turn to right for 2 counts (slide both arms down while unwinding)
- 5&6 Left kick forward, left step back, right step next to left (place hands forward on 5, bring behind on 6)
- 7-8 Right point to right, cross right over left (put both arms straight out to each side on count 7, bend arms at elbows making, fist inward, right up, left down on count 8)

TOUCH, REPLACE, STEP, HOLD, BODY MOVEMENTS

- 1-2 Touch left to left, step left over right (alternate arms up & down on counts 1&2)
- 3-4 Step right to right, hold (bring arms down to side on count 3)
- 5-6 Pop right knee in, pop left knee in
- 7-8 Place right hand behind head, jump up and put feet together (try not to jump, just slide feet together it will look like your pulling yourself up)

STEP & FAN FEET (TWICE), COASTER, STEP, KNEE LIFT & ARM POSE

- 1&2 Step right forward, swivel left heel to left, right toe to right (toes pointing to right), replace to center
- 3&4 Step left forward, swivel right heel to right, left toe to left (toes pointing to left), replace to center
- 5&6 Step left back, step right next to left, step left forward
- 7-8 Step right forward, lift left knee and place right bent arm w/fist at eye level

ARM MOVEMENTS WITH STEP AND TURN, TOUCH, STEP

- 1-2 Roll right fist down center of body, extend right arm out stepping down with left
- 3& Hit right fist with left fist with left fist staying in center, take right arm and fist to right side
- 4& Hit left fist with right fist with right fist staying in center, take left arm and fist to left side
- 5-6 Step left behind right (bring arms down to side), unwind full turn to left
- 7-8 Touch right forward, step right back

STEP, ¼ TURN, REPLACE, HITCH, STEPS

- 1-2 Step left back, pivot ¼ turn left
- 3-4 Pivot ¼ turn right, hitch left knee
- 5-6 Step left down next to right, step right forward
- 7-8 Step left forward, step right to right

TOE STEP, SIDE STEP (TWICE), ¼ TURN SLIDING STEPS (X4)

- 1-2 Touch left toe next to right, stepping down on left slide right to right
- 3-4 Touch left toe next to right, stepping down on left slide right to right
- 5-6 Step left back making ¼ turn left, making ¼ turn left step right to right
- 7-8 Making ¼ turn left step left to left, making ¼ turn left step right to right

When making each ¼ turn, pass each foot next to the other like you would in a waltz

STEP, HOLD, STEP, HOLD, SAILOR STEP, SAILOR TURN

- 1-2 Step left foot forward, hold
- 3-4 Step right foot forward, hold
- 5&6 Step left foot behind right foot, step right foot to side, step left foot to side
- 7&8 Step right foot behind left foot, turn $\frac{1}{4}$ right and step left foot to side, step right foot to side

FOOT/KNEE LOCK, JUMP BACK, SHOULDER BUMPS, WALKS

- 1-2 Step left foot forward, place right foot behind left knee (bending knee slightly)
- &3 Jump back right-left ending with feet together
- &4 Alternate shoulder bumps right, left
- 5-6 Walk forward right, left
- 7 Thinker pose: Place your right heel slightly above your left knee. Bend your left knee so you are in a sitting position. Put your right elbow on the inside of your right knee and the palm of your right hand on your chin. Put your left fist on your left hip
- 8 Hold. (As you start the dance again, you will go directly from the Thinker pose into the wide position on count 1.)

REPEAT

When originally choreographed, the end of this dance was different than shown above. The last 16 counts are new. What used to be there were the following 24 counts.

STEP, STEP, STEP & HOLD (TWICE)

- 1-2 Step forward left, step forward right
- 3&4 Step forward left, hold
- 5-6 Step forward right, step forward left
- 7&8 Step forward right, hold

SYNCOPATED HEEL JACKS WITH $\frac{1}{4}$ TURN, STEP

- &1&2 Step back on right, touch left heel forward, step left center, step together on right
- &3&4 Step back on left, touch right heel forward, step right center, step together on left
- &5&6 Step back on right, touch left heel forward, step left center, step together on right
- &7&8 Step back on left, touch right heel forward, step right center, step forward on left

FOOT/KNEE LOCK, JUMP BACK, SHOULDER BUMPS, WALKS

- 1-2 Place right foot behind left knee, jump back putting both feet together
 - 3&4 Alternate shoulder bumps left, right, left
 - 5-8 Walk forward right, left, right, left
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