

# PHD (Pretty Hard Dance)

COPPERKNOB  
STEPSHEETS

拍数: 80      墙数: 4      级数: Advanced  
编舞者: David J. McDonagh (WLS)  
音乐: Fever - Jeff Moore



## JUMPING HEEL JACKS, ¾ JUMP SPINS ON THE SPOT, SLIDE, HANDS

- 1            Jump back on right to right diagonal tapping left heel forward to left diagonal (facing 11:00)  
&            Jump both feet back to center  
2            Jump back on right to left diagonal tapping left heel forward to right diagonal (facing 1:00)  
3&4        On the spot jump both feet together 3 times turning ¾ turn left  
**Hands: 3&4, raise both hands above head in a relaxed position**  
5-6        Big slide left to left side, sliding right together  
**Hands: 5-6, left elbow up with left hand touching left shoulder and fist clenched with right arm straight out down to right diagonal and fist clenched**  
**Your arms are now in a straight line down to right diagonal, and your head is glancing down**  
7            Right hand touches left shoulder, left hand touches right shoulder (left 'x' over right)  
&            Slide right hand to right shoulder, left hand to left shoulder  
8            Drop both hands down to sides (tilting your head down)  
&            Raise head back to normal position

## SWIVELS, LEFT BACK LOCK STEP, 1 & ½ TRIPLE TURN, ¼ TURN, FULL UNWIND

- 1            Swivel heels ¼ turn left (you're facing back wall)  
2            Swivel heels ½ turn right (you're facing front wall)  
3&4        Step left back, cross-step right over left, step left back  
5&6        Turn 1 & ½ turns right towards back wall (6:00) stepping: right, left, right  
&7-8       ¼ turn right stepping left to left side, cross-step right behind left, unwind a full turn

## INVERSE ARM SNAKE ROLLS, OUTWARDS ARM SNAKE ROLLS

- 1            Left arm snake roll to the right  
2-4        Three right arm snake rolls to the left while slowly turning ¼ turn left on the spot  
**5-8, is a complete arm snake roll from right hand across the body ending at left hand**  
5&6        Right arm snake roll to the right (right to left) (finger tips / elbow / shoulder)  
7&8        Left arm snake roll to the left (right to left) (shoulder / elbow / finger tips)

## ARM SNAKE ROLL INTO A BODY ROLL DOWN (KNEE POPS) BODY ROLL UP

- 1-6, is a arm snake roll into a body roll down then up again**  
1&2        Left arm snake roll to the left (left to right) (finger tips / elbow / shoulder)  
3&        Body roll downwards (shoulders / chest / stomach / knees)  
4            From the body roll you've ended at your knees, so, swiveling on both toes pop both knees in  
5            Swiveling on both toes pop both knees out  
&6        Body roll upwards (knees / stomach / chest / shoulders)  
7&8        On ball of left foot spin 1 & ¼ turns left hooking right behind left knee  
**You've ended up facing the right wall from the front (3:00)**

## MASHED POTATO'S TRAVELING LEFT, SCOOT ½ TURNS

- 1            Cross-step right over left on your toes swiveling both heels in  
&            Swivel both heels apart  
2            Step left to left side on your toes swiveling both heels in  
&            Swivel both heels apart  
**Hands: 1, raise both arms up to head level (so shoulders/elbows are horizontal, elbows/hands are vertical) keep hands in this position throughout counts 1&2&**  
3            Cross-step right behind left on your toes swiveling both heels in

& Swivel both heels apart  
4 Step left to left side on your toes swiveling both heels in  
& Swivel both heels apart

**Hands: 3, drop both arms up to stomach level (so shoulders/elbows are horizontal, elbows/hands are vertical)  
keep hands in this position throughout counts 3&4&**

5 Scoot back on left touching right toe back and leaning body forward  
6 Turn ½ turn right (straightening body)  
7-8 Repeat counts 5-6 (end facing 3:00 wall again)

**"FEVER" HANDS, KICK & KICK & (WITH PUNCHES), HANDS: "EYES ROLL DOWN"**

1 Point right hand up to right diagonal (leaning body right)  
&2 Slide left beside right, step right to right side (leaning body left)

**Also pointing right hand down to left diagonal**

3&4 Repeat counts 1&2  
5 Kick left forward to right diagonal (punching right hand forward to left diagonal)  
& Keep right hand there while stepping left beside right with a ¼ turn left

**Keep right hand there for the next count**

6 Kick right forward to left diagonal (punching left hand forward to right diagonal)

**Right arm is now on top of left crossed**

& Step right beside left  
7 Bring both hands up near both ears with palms facing forward

**Right hand - right ear, left hand - left ear**

&8 Roll both hands down to both sides

**End facing front wall (12:00)**

1-16 Repeat counts 33-48

**End facing left wall from front (9:00)**

**KICK & DOWN &, ¼ KICK & DOWN &, HANDWORK**

1& Kick right forward, step right beside left  
2 Pop both knees out dropping head sideways down to right (facing forward)  
& Straighten yourself up bringing both knees in and head straight  
3& Kick left forward turning ¼ turn left, step left beside right  
4 Pop both knees out dropping head sideways down to left (facing forward)  
& Straighten yourself up bringing both knees in and head straight  
5& Touch right hand to left shoulder, touch right hand to right shoulder  
6 Make an arc downwards with your right hand ending to left shoulder  
7&2 X reversed right arm snake rolls to the right (elbow / wrist / finger tips)  
8 Drop right arm down to right side

**KICK-HITCH-CROSS, SHOULDER PULSES, DIAGONAL WALKS FORWARD, TRIPLE JUMP**

1 Kick right to right side dropping right shoulder  
& Hitch right knee raising right shoulder  
2 Cross-step right over left dropping right shoulder  
3& Raise right shoulder (drop left shoulder), drop right shoulder (raise left shoulder)  
4 Raise right shoulder (drop left shoulder)  
5 Step left forward to left diagonal with both hands on left hip  
6 Step right forward to right diagonal with both hands on right hip  
7&8 Jump 3 times on the spot turn ¼ turn left

**Hands**

7 Punch both arms forward (right over left)  
& Bring both hands in towards chest  
8 Roll both arms down so you end up as count (7) (cross arms punched)

**REPEAT**

**RESTARTS:**

During wall 5 only for "Fever" by "Jeff Moore", dance counts 1-64, then repeat 33-64. Repeat 33-48 once more and skip straight to count 65-80

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