

# Phenomenon

COPPER KNOB  
STEPSHEETS

拍数: 46      墙数: 1      级数: Intermediate/Advanced  
编舞者: Charles Johnson  
音乐: Phenomenon - LL Cool J



## THE DIP, "BIG-DADDY" STRUT, STEP, TURN

- &1-2      Step right slightly to rear, step left forward, dip right shoulder while bringing right arm straight down to rear-knees bent a little-and angle shoulders to right
- &3      Step left next to right, step forward right and bring up left arm
- 4      Step forward left (bring up right arm and lower left)
- 5-6      Repeat 3-4
- 7-8      Repeat 3, make  $\frac{1}{4}$  turn left (weight on right)

## $\frac{1}{2}$ TURN, TOUCHES AND KICKS WITH A STEP

- &1-2      Step left slightly to rear, step forward right, make  $\frac{1}{2}$  turn left (weight on left)
- 3&4      Touch right to right side, step right next to left, touch left to left side
- &5&      Step left next to right, kick right foot forward, step right next to left
- 6&7      Kick left foot to rear, step left next to right, kick right foot forward
- &8      Step right next to left, step forward left (taking weight)

## $\frac{3}{4}$ TURN, SIDE ROCK, SAILOR-TURN, SIDE ROCK

- 1-2      On left make  $\frac{3}{4}$  turn right pushing off with right foot, step right to right side
- 3-4      Rock hips to right and let hands follow motion to right, rock hips to left and let hands follow motion to left (weight to left)
- 5&6      Step right behind left with  $\frac{1}{4}$  turn right, step left forward, with  $\frac{1}{4}$  turn right-cross stepping right in front of left
- 7-8      Stepping left to left side repeat 3, 4 going from left to right

End with weight on right

## SAILOR TURN, KICK-BALL-TURN, & STEP, BODY SHIFTS

- 1&2      Step left behind right and  $\frac{1}{4}$  turn left, step right next to left, step forward left
- 3&4      Kick right forward, step down right, quick  $\frac{1}{2}$  turn left on ball of right ending with weight on right with knee slightly bent and left toe pointing forward
- &5-6-7-8      Step forward left taking weight, turn  $\frac{1}{4}$  right bringing feet together (weight on both), shift upper body to right, to left, to center

## "SHAKE IT", HEAD MOVE

For counts 1-4, left heel follows hands and hips

- &      Step slightly forward left and begin to raise hands up to right (about chest level)
- 1      Continue raising hands up (to left) about head level and moves hips to left
- &2      Lower hands to right and move hips to right, lower hands to left and move hips to left
- &3&4&      Repeat &1&2, step left next to right
- 5      Place left hand to back of head/hat
- 6      Quickly move hand around head to the left
- 7      Finish the motion by placing left hand on left cheek
- &8      Push head to look right, turn head back forward

## RAISES, KICKS, STEPS, AND TURNS

- 1-2      Raise left knee, on right make  $\frac{1}{4}$  turn left
- 3-4      Step down left and take weight, kick forward right
- 5-6      Swing/kick right to rear, swing/raise right knee in front

REPEAT

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