

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
