

Pon De Replay

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Pon de Replay - Rihanna



SIDE STEPS (WITH KNEE POPS), RAISE KNEE, FLICK, FLICK, CHEST PRESS

- 1 Step right to right side on ball of both feet and pop both knees out (3:00)
- & Step left next to right on ball of both feet and close knees
- 2 Step right to right side on ball of both feet and pop both knees out
- & Step left next to right on ball of both feet and close knees (weight ended on right)

Arm position: left arm is out to left side and right arm is in front of chest. Body is making a side curve to right side. Head is facing to the right

- 3 Step left to left side on ball of both feet and pop both knees out (9:00)
- & Step right next to left on ball of both feet and close knees
- 4 Step left to left side on ball of both feet and pop both knees out (weight ended on left)

Arm position: right arm is out to right side and left arm is in front of chest. Body is making a side curve to left side. Head is facing to the left

- & Raise right knee and both hands slap on top of the knee
- 5 Step right forward (12:00)
- & Flick left to left side (slap with left hand on it)
- 6 Step left forward
- & Flick right to right side (slap with right hand on it)
- 7 Step right forward (weight ended on left)
- 8&2 X pop chest to the back

HOOK, KICK, STEP, HOOK, KICK, STEP, JAZZ BOX ¼ TURN, WALK BACKWARDS

- 1 Hook right in front of left and bounce head
- & Kick right forward and bounce head
- 2 Step right next to left and bounce head
- 3 Hook left in front of right and bounce head
- & Kick left forward and bounce head
- 4 Step left next to right and bounce head

Arm movements: right arm is out to the front and finger is pointing down and follows the movements of the feet

- 5 Cross right over left
- & Turn ¼ to the left and step left to the back (facing 9:00)
- 6 Step right to right side (12:00)
- & Step left next to right
- 7 Step right to the back (3:00)
- & Step left to the back
- 8 Step right to the back
- & Step left next to right

RUN RUN RUN! STEP, TOGETHER, ARM MOVEMENTS, STEP, TOGETHER, ARM MOVEMENTS

- 1 Step right forward (9:00)
- & Step left forward and bend left knee
- 2 Step right forward and straighten right knee
- & Step left forward and bend left knee
- 3 Step right forward and straighten right knee
- & Step left forward and bend left knee
- 4 Step right forward and straighten right knee

- & Step left forward and bend left knee
- Arm movements: as if you're running forward**
- 5 Step right diagonally backwards (1:30) facing 10:30
- & Step left next to right
- 6 Grab with both hands your shirt at chest heights
- & Throw both hands to the front
- 7 Step left diagonally backwards (4:30) facing 7:30
- & Step right next to left
- 8 Grab with both hands your shirt at chest heights
- & Throw both hands to the front

GRAPEVINE, 2X ¼ PEDDLE TURN LEFT WITH KNEE POPS

- 1 Step right to right side (12:00)
- 2 Cross left behind right
- 3 Step right to right side
- 4 Step left next to right
- Body movement: shake body**
- 5 Rock right to right side and pop right knee out (12:00)
- & Recover weight to left
- 6 Turn ¼ to the left, rock right to right side and pop right knee out (facing 6:00)
- & Recover weight to left
- 7 Turn ¼ to the left, rock right to right side and pop right knee out (facing 3:00)
- & Recover weight to left
- 8 Close right next to left

REPEAT

TAG

After walls 2 and 5

OUT, OUT, JUMP, STEP, STEP (2X) WITH ARM MOVEMENTS

- 1 Step right out to right side (3:00)
- 2 Step left out to left side (9:00)
- & Jump both feet forward and put both arms up above head, hand palm facing forward
- 3 Step right forward with knees bend (12:00)
- Arm movement: start moving both arms downwards to the right**
- 4 Step left forward with both knees bend (12:00)
- Arm movement: finish the movement downwards to the left**
- 5-8 Repeat count 1-4

PUSH, 2X ¼ PEDDLE TURN LEFT WITH KNEE POPS

- 1 Step right diagonally forward and push weight forward on ball of right (1:30)
- 2 Recover weight back on left and drag right next to left
- & Turn on both heels to the right (facing 10:30)
- 3 Step left diagonally forward and push weight forward on ball of left (10:30)
- 4 Recover weight back on right and drag left next to right
- & Turn on both heels to center (facing 12:00)
- 5 Rock right to right side and pop right knee out (3:00)
- & Recover weight to left
- 6 Turn ¼ to the left, rock right to right side and pop right knee out (facing 9:00)
- & Recover weight to left
- 7 Turn ¼ to the left, rock right to right side and pop right knee out (facing 6:00)
- & Recover weight to left
- 8 Close right next to left

