

"Pop" Noccio

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Intermediate/Advanced
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音乐: Pop - *NSYNC



Sequence: A, A, B, A (16 first counts), A, A, B, Break, A, A (20 first counts), B, B, Final

PART A

PUPPET WALK, LEFT ¼ TURN, PUPPET WALK, RIGHT ¼ TURN

- 1 Step forward right with weight on the ball of the foot(right hand holds right knee with invisible wire).
- 2 Snap heel to floor (fold the wrist downwards)
- 3 Step left ¼ turn to left with weight on the ball of the foot (left hand holds left knee with invisible wire)
- 4 Snap heel to floor (fold the wrist downwards)
- 5-6 Repeat 1-2
- 7 Step left ¼ turn to right with weight on the ball of the foot(right hand holds right knee with invisible wire)
- 8 Snap heel to floor (fold the wrist downwards)

MOONWALK, 2X RIGHT ¼ TURN, ½ TURN, ROBOT BODY ROLL

- 1-2 Slide right to the back, slide left to the back
- 3 Step right ¼ turn to right
- &4 ¼ turn to right with step left to left, cross right behind left.
- 5 ½ turn right with hitch right to right (right hand holds right knee with invisible wire)
- 6 Step right feet to right(foot shoulder width, fold the wrist downwards)
- 7&8 Robot body roll (knees-hips-bust) (it's a break up movement)

RIGHT KICK-FOLD 2X, CROSS STEP X3, HITCH, STOMP

- 1 Kick right across left (head looks left)
- 2 Fold right leg (head looks forward)
- 3-4 Repeat 1-2
- 5&6&7 Cross right over left, step left foot to left side, cross right over left, step left foot to left side, cross right over left
- &8 Hitch left, stomp left near right

LUNGES, STEP TURN, STOMP, OPEN KNEES

- 1&2 Lunge right foot in front of left foot to left side at 45 degrees, rock back onto left foot, step right foot next to left foot (recover)
- 3&4 Lunge left foot in front of right foot to right side at 45 degrees, rock back onto right foot, step left foot next to right foot (recover)
- 5 Step right forward
- 6 ½ turn to left
- 7 Stomp right near left
- &8 Draw aside the knees, tighten them

PART B

FOLD-JUMP TWICE, HEAD LEFT/RIGHT MOVEMENT, CROSS STEP, PUMP KICKS, STEP FORWARD

- 1& Fold right leg behind left knee, jump feet shoulder width
- 2& Fold left leg behind right knee, jump feet shoulder width
- 3& Fold right leg behind left knee, jump feet shoulder width with head on right shoulder
- 4 Recover weight on right foot with head on left shoulder

- 5 Cross step right behind left
- &6 Hitch left, kick left to left
- &7 Fold left leg across right, kick left to left.
- &8 Fold left leg across right, step forward left with left heel turned to right

TOUCH RIGHT, full turn TURN, ARM MOVEMENT, PUPPET MOTION

- 1 Touch right foot forward
- 2 Full turn right on left foot
- 3 Left arm forward, right hand on left bend
- &4 Turn left arm around right arm while starting with the top, recover left arm forward, right hand on left bend
- 5 Put right foot against left knee with right turned to (hand hold knees with invisible wires), head looks right
- 6 Head looks forward
- 7 Head looks floor
- 8 Head looks left shoulder, turn the palms of hands upwards

SYNCOATED ROCK STEP, BIG KICK, KICK TO RIGHT, CROSS ½ TURN

- 1&2& Rock forward on right foot, recover weight to left foot, rock back on right foot, recover weight to left foot
- 3&4& Repeat 1&2&
- 5 Big kick right forward
- 6 Kick right to right
- 7 Cross right foot behind left
- &8 ½ turn to right with a half ring downwards with the head

TRAVELING TOES, BIG CROSS STEP, 2X ¼ TURN RIGHT, STRIKE FIST, OPEN HAND

- 1 Place left foot next to right turning both heels out
- 2 With weight on right heel and left toe move right toe and left heel to right then drop right toe and left heel and transfer weight
- &3 Repeat 1-2
- 4 Big step left across right.
- 5-6 Pivot feet only ¼ turn to the right (twice)
- 7 Strike right fist ahead
- 8 Place weight on left heel and right toe (heels turn to right), open right hand

BREAK (8 COUNTS)

- 1-2 Let right arm fall, recover in 2nd position.
- 3-4 Let bust and fall with a rebound movement
- 5-6-7-8 Raise the body while trembling

FINAL (5 COUNTS)

Arm rollin' from right arm to left arm and finish on right arm on 5 open hand.

There is a tag. When you make the part a (20 first counts), make the movement but don't make the ½ turn on 5&6 counts of the second 8 counts.
