

Press Play

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Heidi Leigep-Brown (AUS)
音乐: Play - Jennifer Lopez



TOUCH RIGHT TOE FORWARD, TWIST HEEL OUT, TWIST HEELS IN, OUT, CENTER, WALK BACK RIGHT-LEFT, RIGHT COASTER

- 1-2-3&4 Touch right toe forward, twist right heel right, weight on balls of both feet twist heels in, out, center
5-6-7&8 Step back right, step back left, step right back, step left next to right, step right forward

TOUCH LEFT TOE FORWARD, TWIST HEEL OUT, TWIST HEELS IN, OUT, CENTER, LEFT COASTER, WALK FORWARD RIGHT, LEFT

- 9-10-11&12 Touch left toe forward, twist left heel left, weight on ball of both feet twist heels in, out, center
13&14-15-16 Step back left, step right next to left, step left forward, step forward right, step forward left
Restart on wall 2

RIGHT HEEL FORWARD, (&) HITCH TURNING ¼ RIGHT, STEP RIGHT, 2 HEEL SPLITS, LEFT HEEL FORWARD, (&) HITCH TURNING ¼ LEFT, STEP LEFT, 2 HEEL SPLITS

- 17&18 Touch right heel forward, hitch right turning ¼ right, step right beside left
19&20& Weight on balls of both feet push heels apart, together, apart, center
Elbows at waist level, hands near buckles flap arms out, in, out, in on counts 19&20&
21&22 Touch left heel forward, hitch left turning ¼ left, step left beside right
23&24& Weight on balls of both feet push heels apart, together apart, center
Elbows at waist level, hands near buckle flap arms out, in, out, in on counts 23&24&

RIGHT HEEL FORWARD, RIGHT TOE BACK, RIGHT HEEL FORWARD, RIGHT TOE BACK, TOE, HEEL TOUCH TURNING 1/8 RIGHT, TOE, HEEL TOUCH TURNING 1/8 RIGHT

Arm movement: elbows at waist level, hands near buckle, make fists with hands

- 25 Touch right heel forward (left arm raised forward at chest level, elbow pointing left/fist pointing right, right arm behind back, elbow pointing right/fist pointing left)
26 Touch right toe back (right arm raised forward at chest level, elbow pointing right/fist pointing left, left arm behind back, elbow pointing left/fist pointing right)
27 Touch right heel forward (left arm raised forward at chest level, elbow pointing left/fist pointing right, right arm behind back elbow pointing right/fist pointing left)
28 Touch right toe back (right arm raised forward at chest level, elbow pointing right/fist pointing left, left arm behind back, elbow pointing left/fist pointing right)
29 Knees slightly bent touch right toe beside left instep (left heel pointing right)(left arm bent up, fist at shoulder height pointing up right arm straight down (slightly bent), fist pointing down)
30 Twist left toe to right while turning 45 degrees right and touching right heel beside instep (right arm bent up, fist at shoulder height pointing up left arm straight down (slightly bent), fist pointing down)
31 Knees slightly bent touch right toe beside left instep (left heel pointing right)(left arm bent up, fist at shoulder height pointing up right arm straight down (slightly bent), fist pointing down)
32 Twist left toe to right while turning 45 degrees right and touching right heel beside left instep (right arm bent up, fist at shoulder height pointing up left arm straight down (slightly bent), fist pointing down)

RIGHT HEEL FORWARD, RIGHT TOE BACK, RIGHT HEEL FORWARD, RIGHT TOE BACK, TOE, HEEL TOUCH TURNING 1/8 RIGHT, TOE, HEEL TOUCH TURNING 1/8 RIGHT

- 33 Touch right heel forward (left arm raised forward at chest level, elbow pointing left/fist pointing right, right arm behind back, elbow pointing right/fist pointing left)

- 34 Touch right toe back (right arm raised forward at chest level, elbow pointing right/fist pointing left, left arm behind back, elbow pointing left/fist pointing right)
- 35 Touch right heel forward (left arm raised forward at chest level, elbow pointing left/fist pointing right, right arm behind back, elbow pointing right/fist pointing left)
- 36 Touch right toe back (right arm raised forward at chest level, elbow pointing right/fist pointing left, left arm behind back, elbow pointing left/fist pointing right)
- 37 Knees slightly bent touch right beside left instep (left heel pointing right (left arm bent up, fist at shoulder height pointing up right arm straight down (slightly bent), fist pointing down)
- 38 Twist left toe to right while turning 45 degrees right and touching right heel beside left instep (right arm bent up, fist at shoulder height pointing up left arm straight down (slightly bent), fist pointing down)
- 39 Knees slightly bent touch right beside left instep (left heel pointing right (left arm bent up, fist at shoulder height pointing up right arm straight down (slightly bent), fist pointing down)
- 40 Twist left toe to right while turning 45 degrees right and touching right heel beside left instep (right arm bent up, fist at shoulder height pointing up left arm straight down (slightly bent), fist pointing down)

WALK BACK RIGHT, LEFT, RIGHT COASTER, WALK FORWARD LEFT, RIGHT, SYNCOPATED TURN $\frac{3}{4}$ LEFT

- 41-42-43&44 Step back right, step back left, step right back, (&) step left next to right, step right forward
- 45-46-47&48 Step forward left, step forward right, step forward left, (&) turning $\frac{1}{4}$ turn left, step on ball of right to right, turn $\frac{1}{2}$ turn left and step left forward

STEP, DRAG, $\frac{1}{4}$ TURN RIGHT & RIGHT SHUFFLE FORWARD, STEP LEFT FORWARD, HIP BUMP LEFT, RIGHT, LEFT, RIGHT, LEFT

- 49-50-51&52 Step right to right, drag left to right & step next to right, turn $\frac{1}{4}$ turn right, step right forward, step left beside right, step right forward
- 53-54 Step left forward 45 degrees left and push hips left, push hips right
- 55&56 Push hips left (dropping left shoulder & raising right shoulder), (&) push hips right (dropping right shoulder & raising left shoulder), push hips left (dropping left shoulder & raising right shoulder)

STEP RIGHT FORWARD, ROCK BACK LEFT, TRIPLE TURNING 1 $\frac{1}{2}$ RIGHT, STEP LEFT, STEP RIGHT, TWIST HEELS LEFT, RIGHT, LEFT

- 57-58-59&60 Step right forward, rock back left, traveling back turn $\frac{1}{2}$ turn right stepping forward on right, turn $\frac{1}{2}$ turn right stepping back on left, turn $\frac{1}{2}$ turn right step forward right
- 61-62-63&64 Large step left to left, step right beside left
- 63&64 Weight on balls of feet, knees slightly bent twist heels left (pushing hips left), twist heels right (pushing hips right), twist heels center (pushing hips left) (weight ends on left)

REPEAT

RESTART

Wall 2 - complete the first 16 steps then start again

FINISH

Count 48 but replacing $\frac{3}{4}$ syncopated turn with $\frac{1}{2}$ turn

- 45-46-47&48 Step forward left, step forward right, step forward left, turning $\frac{1}{4}$ turn left step on ball of right to right, turn $\frac{1}{4}$ turn left and step left forward
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