

Rock DeeJay

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate/Advanced
编舞者: Aaron Neale (UK) & Iain Ebbage (UK)
音乐: Rock DJ - Robbie Williams



WALK, WALK, KICK ¼ STEP, STEP, SWIVEL, KICK, STEP, STEP

- 1-2 Walk right foot forward, walk left foot forward
3&4 Kick right foot forward turning ¼ right (weight on left foot), step right foot to right side, step left next to right (weight on balls of feet)
5&6 Swivel both right and left toes out then in, kick right foot to right diagonal
&7&8 Cross step right over left, step left foot back, turning ¼ right step right foot to right side, step left foot in place

JUMP, HITCH, TOUCH, ¼ RIGHT HITCH, ¼ RIGHT TOUCH, HITCH, JUMP, BODY ROLL, HIP BUMPS

- 1&2 Jump feet apart, hitch right knee in front of left, touch right toe back
&3&4 (Weight on left foot) turning ¼ right hitch up right knee (weight still on left foot) turning ¼ right touch right toe forward, hitch right knee in front of left, jump both feet apart
5&6 Body roll turning ¼ left (alternately hip bumps right, left with ¼ left turn)
7&8 Hip bumps left, right, left (weight on right foot)

EASY WALK, FLICK, EASY WALK FLICK, MODIFIED MONTEREY, STEP, STEP, LEAN

- &1&2 Cross step left foot over right, step right foot to right diagonal, step left foot in place, flick right foot back
&3&4 Cross step right foot over left, step left foot to left diagonal, step right foot in place flick left foot back (you will be moving forward on these steps)
&5&6 Cross left foot over right, touch right toe to right side, ½ turn right step right foot in place, touch left toe to left side
&7&8 Step left foot in place, step right foot to right side, lean upper body to the right and then the left (weight on left foot)

SYNCOPATED DOUBLE BOX, TOUCH, ¼ TURN, CROSS UNWIND ½, HIP SWAYS

- 1&2 Cross right foot over left, step left foot back, step right foot to right side
&3&4 Cross left foot over right, scuff right foot forward, cross right over left, touch left toe to left side
&5-6 Turn ¼ left on left foot, cross right foot over left, unwind ½ turn left
7-8 Sway hips left and right (you can do a body and shoulder roll combined as an alternative) (weight on right foot)

SWIVEL ¼, SWIVEL ¾, ROCK STEP, SLIDE, CHARLESTON STEP, ½ TURN, TOUCH

- 1-2 Swivel both heels ¼ left, swivel both heels ¾ right
&3&4 Step left foot to left side, step right foot to right side, slide left to right (weight on left foot)
5&6&7 Right Charleston steps forward, back, forward (weight on left foot)
&8 Turn ½ right, touch right toe forward

As a variation you can substitute the following steps 5-8

SYNCOPATED ROCK STEPS, ½ TURN, TOUCH

- 5&6&7 Rock forward right, recover weight on left, rock back right, recover weight on left, rock forward right
&8 Turn ½ right, touch right toe forward

HITCH, TOUCH TURN ½, TOUCH, TURN TOUCH, TURN TOUCH, TURN STEP, STEP TOUCH, SHUFFLE FORWARD

- &1&2 Hitch right knee in front of left, touch right toe to right side, ½ turn right step right foot in place, touch left toe to left side

- &3&4 Turning ½ right on right foot step left foot in place, touch right toe to right side, turning ½ turn right step right foot in place, touch left toe to left side
- &5-6 Turn ¼ right, step left foot in place, step back on right foot, touch left toes to right instep
- 7&8 Step left foot forward, step right foot next to left, step left foot forward

As a variation you can substitute the following steps for counts &1-4

HITCH TOUCH, ¼ TURN, TOUCH, TOUCH, TOUCH

- &1&2 Hitch right knee in front of left, touch right toe to right side, ¼ turn left step right foot in place, touch left toe to left side
- &3&4 Step left foot in place, touch right toe to right side, step right foot in place, touch left toe to left side

FULL TURN, ¼ TURN, SQUAT, JUMP, PUNCH, PUNCH, ROLL, OPEN, UNCROSS

- 1-2 Turning a full turn left step forward right, step forward left
- 3-4 Turn ¼ left squat down hands on knees, turn ¼ left jump feet apart

Arm movements

- 5 Punch right hand down towards left diagonal
- 6 Punch left hand down and over right to right diagonal
- 7 Roll both fists up and over, open hands spreading fingers
- 8 Uncross hands taking right hand to right side and left hand to left side (elbows bent, shoulder level)

SQUAT, LOOK, LIFT HEAD LOOK, STAND, SWAY SHOULDERS, SAILOR STEP, SWEEP, TOUCH

- 1 Squat down hands on knees, look down to the floor
- 2 Lift head, look forward
- 3-4 Standing up, sway shoulders left then right
- 5&6 Step left foot behind right, step right foot to right side, step left foot forward
- 7&8 Sweep right foot ¼ turn left, touch right toe to left instep

REPEAT

TAG

After 1st wall plus 32 counts (i.e. After hip sways to the right), do the following tag and then start over from the beginning

Do 2 more walls plus 32 counts, then the tag again. Start over from the beginning

HIP BUMPS LEFT, RIGHT, BODY ROLL

- 1-2 Bump hips left, twice
- 3-4 Bump hips right, twice
- 5-8 Body roll (this can be substituted with hip bumps if preferred)

TOE TOUCH, HEEL PRESSES RIGHT & LEFT, TOUCH, HITCH, ¼ TURN, TOUCH HITCH, ¼ TURN, SWEEP ¼, TOUCH

- 1-2 Touch right toe forward, press heel to floor (for styling take hip forward with toe)
 - 3-4 Touch left toe forward, press heel to the floor (for styling take hip forward with toe)
 - &5&6 Turning ¼ left touch right toe to right side, hitch right knee, turning ¼ left, point right toe to right side, hitch right knee
 - 7-8 Sweep right foot ½ turn right, touch left toe to right instep
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