

Rough & Tumble

COPPER KNOB
BY STEPHENETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Neil Cook (UK)
音乐: Don't Play Nice - Verbalicious



WALK, WALK, STEP PIVOT ½ TURN, STEP UNWIND ½ TURN, CROSS KICK AND STEP IN PLACE TWICE

- 1 Walk forward left
- 2 Walk forward right
- 3&4 Step left and pivot ½ turn over right
- 5&6 Step right back and unwind ½ turn over right
- 7&8 Kick left across right, and step left in place, and step right in place

TOUCH OUT, IN, STEP SIDE TOUCH, AND SYNCOPATED TOUCHES OUT, IN, OUT, IN, AND CHASSE

- 1 Touch left to left side
- 2 Touch left in place
- 3 Step left out to left side
- 4 Touch right next to left
- 5 Touch right to right side
- & Touch right in place
- 6 Touch right to right side
- & Touch right in place
- 7&8 Step right to right side, close left beside right, step right to right side making a ¼ turn left

KICK BALL CHANGE, AND STEP TOUCH, STEP ¼ LEFT TOUCH, AND LEFT HEEL JACK

- 1&2 Kick left forward, step left beside right, step right forward
- &3 Step left beside right, and step right forward
- 4 Touch left next to right
- 5 Make a ¼ turn left stepping forward on left
- 6 Touch right behind left
- &7&8 Step diagonally back right, touch left heel diagonally forward left, step left into center, touch right beside left

HEEL DIGS RIGHT, LEFT, RIGHT, HITCH, RIGHT, AND KNEE POPS BACKWARDS X4

- &1 Step diagonally back left, touch right heel diagonally forward right
- &2 Step diagonally back right, touch left heel diagonally forward left
- &3 Step diagonally back left, touch right heel diagonally forward right
- &4 Hitch right and touch right heel diagonally forward right
- &5 Step back on right and touch left in place popping left knee forward
- &6 Step back on left and touch right in place popping right knee forward
- &7 Step back on right and touch left in place popping left knee forward
- &8 Step back on left and touch right in place popping right knee forward

STEP AND SCUFF X3, AND STEP PIVOT ½, AND WALK, WALK, AND ¼ TURN WITH TOUCH

- &1 Step forward on right and scuff left in place
- &2 Step forward on left and scuff right in place
- &3 Step forward on right and scuff left in place
- 4&5 Step forward on left and pivot ½ turn right
- &6 Step right next to left and step left forward
- 7 Step right forward
- 8 Touch left out to left side making a ¼ turn right

TOUCH BEHIND, TOUCH SIDE WITH ¼ TURN, STEP, TOUCH, STEP BACK KICK, HOP, STEP BACK TWICE

- 1 Touch left behind right
- 2 Touch left out to left side making a ¼ turn right
- 3 Step left forward diagonally right
- 4 Touch right behind left
- 5 Step back on left kicking right forward
- 6 Hop backwards on both feet
- 7 Step back left
- 8 Step back right

REPEAT

For more advanced dancers, replace the last three sections of the dance with:

JUMPING APPLE JACKS RIGHT, LEFT AND RIGHT AND RIGHT, AND KNEE POPS BACKWARDS X4

- 1 Hop right diagonally forward landing with weight on left toes and right heel, with left heel and right toes swiveled to the right
- & Hop both feet back in place
- 2 Hop left diagonally forward landing with weight on right toes and left heel, with left heel and left toes swiveled to the left
- & Hop both feet back in place
- 3 Hop right diagonally forward landing with weight on left toes and right heel, with left heel and right toes swiveled to the right
- & Hop both feet back in place
- 4 Hop right diagonally forward landing with weight on left toes and right heel, with left heel and right toes swiveled to the right
- &5 Step back on right and touch left in place popping left knee forward
- &6 Step back on left and touch right in place popping right knee forward
- &7 Step back on right and touch left in place popping left knee forward
- &8 Step back on left and touch right in place popping right knee forward

RUNNING MAN X3, AND STEP PIVOT ½, JUMP EXCHANGE, WALK, AND ¼ TURN WITH TOUCH

- &1 Step forward right, hitch left knee as you scoot right back
- &2 Step forward left, hitch right knee as you scoot back on left
- &3 Step forward right, hitch left knee as you scoot right back
- 4 Step forward left
- 5 Pivot ½ turn right
- 6 With right forward and left back, jump in the air landing with left forward and right back
- 7 Step right forward
- 8 Touch left out to left side making a ¼ turn right

TOUCH BEHIND, TOUCH SIDE WITH ¼ TURN, STEP, TOUCH, STEP BACK KICK, HOP, SQUAT, JUMP

- 1 Touch left behind right
 - 2 Touch left out to left side making a ¼ turn right
 - 3 Step left forward diagonally right
 - 4 Touch right behind left
 - 5 Step back on left kicking right forward
 - 6 Hop backwards on both feet, throwing arms backwards
 - 7 Hop backwards landing in a squat position
 - 8 Jump both feet shoulder width apart
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