

Sexy Love

COPPER KNOB
BY STEPHEN BATES

拍数: 32
编舞者: Kash Bane (UK)
音乐: Sexy Love - Ne-Yo

墙数: 4

级数: Intermediate/Advanced hip hop



STEP, STEP, POINT, POINT, STEP, FULL SPIRAL, STEP, POINT (WITH ARMS), ARM WRAP WITH WEIGHT CHANGE, HOOK & HITCH(WITH ARMS), SLIDE

- 1&2 Step forward on right, step forward on left, point right toe forward
&3-4 Point right toe to right side, step forward on right, complete a full turn on ball of right hitching left knee at right leg
&5 Step down on left, point right toe to right side while bending left knee

On count 5 raise right arm to the front of face, palm outward

- 6 Shifting weight to right leg, wrap right arm around the back of head
&7&8& Shift weight back to left and stand straight(&), hook right leg at left shin(7), hitch right knee(&), stepping back on right(8), slide left heel towards right foot(&)

On count 7 cross arms in front of waist, wrists facing floor. On the hitch, raise arms to each side, palms facing out. On slide, push arms forward

CUPID (HITCH WITH ARMS), BOUNCES (WITH ARMS), ROCK, CROSS, POINT, FULL TURN WITH RONDE

- 1-2 Step left to left diagonal (so body faces left diagonal), hitch right knee at left leg
On count 2, reach right arm straight in front of you and reach left arm out but so it is closer to body, as if your holding a bow

- 3&4 Do a ¼ turn right (to face right diagonal) by bouncing on ball of left foot and keep right knee hitched

As you bounce, bring right arm in and stretch left arm fully out (swapping positions)

- &5&6 Straightening up, rock right leg to right side(&), recover onto left(5), cross right over left(&), point left toe to left side(6)
7-8 Make a ½ turn over right shoulder stepping left to left side, make a further ½ turn on ball of left sweeping right leg out and behind left leg

BEHIND, SIDE, CROSS, SIDE ROLL AND STEP, KICK (WITH ARMS), SLIDE (WITH ARMS), KNEE POPS

- 1&2 Step right behind left, step left to left side, cross right over left
3-4 As you step left to left side, rotate your whole upper body to the left (bend knees and lower upper body, straighten knees and raise upper body)
5&6 Do a ¼ turn left by kicking right foot out, step back on right, slide left heel to right

On count 5 raise hands up and over head pointing index finger forward. As you slide back, recoil arms and place hands on head*

- 7-8 Pop right knee upwards, pop left knee upwards

¼ TURN HIP ROLL, ¼ TURN HITCH, CROSS LUNGE, UNWIND, SWEEP, LEFT SAILOR

- 1-2 Rolling hips around to the left make a ¼ turn left
3-4 On ball of left do a ¼ turn left while hitching right knee, lunge forward as if you are kneeling down and slightly cross right in front of left (do not place knee on floor)
5-6 As you raise up, unwind a ½ turn over left shoulder (keep weight on right foot), sweep left out and behind right
7&8 Step left behind right, step right to right side, step left to left side

REPEAT

For a harder ending, when you finish on count 16, finish the rondé round, cross behind left leg and fully unwind