

Sizzlin' Hot

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: John Robinson (USA) & Pepper Siquieros (USA)
音乐: She's On Fire - Train



WALK FORWARD RIGHT-LEFT & TOGETHER, RIGHT CROSS, LEFT SIDE POINT, LEFT CROSS, RIGHT STEP BACK TURNING ¼ LEFT, LEFT COASTER STEP

Your starting wall is 12:00, but the first three steps will travel diagonally forward towards 1:30

- 1-2 Right step forward diagonally right, left step forward diagonally right
&3&4 Right step forward diagonally right, left step next to right, right step across left, left toe point side left
5-6 Left step across right, pivot ¼ left and step right foot back (9:00)
7&8 Left step back ball of foot, right step together ball of foot, step left forward

RIGHT STEP FORWARD, SYNCOPATED TOE TAPS IN PLACE, LEFT STEP FORWARD, RIGHT STEP FORWARD, ½ PIVOT LEFT LEANING BACK, & RIGHT KICK-BALL-CHANGE

- 1-2 Step right forward, left toe tap next to right
&3&4 Left step next to right, right toe tap next to left, right step next to left, step left forward
5-6 Step right forward, pivot ½ left step keeping weight back on right foot and lean back slightly (3:00)
&7&8 Left step next to right, right kick forward, right step ball of foot next to left, step left forward

Option:

- 7&8 Right tap-ball-change

TOE STRUTS ANGLING BODY LEFT THEN RIGHT, ¼ TURN LEFT, LEFT TOUCH, & CROSS & CROSS TRAVELING LEFT

- 1-2 Right toe touch forward across left, angling body diagonally left (towards 1:30), right step down

Option:

- 1-2 Raise right foot in figure 4 (tucked close to left calf) angling body diagonally left, right step forward across left
3-4 Left toe touch forward across right, angling body diagonally right (towards 4:30), left step down

Option:

- 3-4 Raise left foot in figure 4 (tucked close to right calf) angling body diagonally right, left step forward across left

- 5-6 Pivot ¼ left (towards 12:00) stepping right foot side right, left touch next to right

- &7&8 Left step side left ball of foot, right step across left, left step side left ball of foot, right step across left

LEFT SIDE STEP, 5/8 SPIRAL RIGHT, RIGHT STEP FORWARD, LEFT TOE SWEEP FORWARD, BACK, LEFT KICK & TOUCH, HIP BUMP

- 1-2-3 Left step side left, pivot 5/8 right (towards 7:30) on ball of left spiraling into right (raise right foot off floor as your pivot), right step forward towards 7:30

- 4-5 Sweep left toe forward, sweep left toe back

- 6&7 Left kick forward, left step next to right, right touch next to left

- &8 Keeping weight on left, bump hips right-left

More challenging option for &7&8

- &7&8 Paddle a full turn left. (you'll need to start the paddle on the first & count by pivoting at least ¼ left, then pivot another ¾ left on the next & count)

REPEAT

