

Slave For You

COPPERKNOB
BY SHEETS

拍数: 0 墙数: 3 级数: Intermediate/Advanced
编舞者: Sharon May (UK)
音乐: I'm a Slave 4 U - Britney Spears



Sequence: A B A C C A B B A A C C B B C C

SECTION A

PIVOT ½ TURN, SHUFFLE FORWARD, FORWARD ROCK & RECOVER, BACK COASTER STEP

- 1-2 Weight on left foot, step forward onto right foot pivot ½ turn over left shoulder
3&4 Shuffle forward right, left, right
5-6 Step left foot forward, rock weight on to it, rock back on to right foot
7&8 Coaster step back left, right, left

PIVOT ½ TURN, SHUFFLE FORWARD, LUNGE LEFT, SLIDE LEFT FOOT TO RIGHT

- 9-10 Weight on left foot, step forward onto right foot pivot ½ turn over left shoulder
11&12 Shuffle forward right, left, right
13-14 Weight on right foot, step wide step out to left side with left foot making slight lunge
15-16 Weight back on to right foot, slide left foot back next to right foot

Styling: when lunging, you can place hands on to right knee when knee bent

FORWARD DIAGONAL RIGHT TOE TOUCH, FORWARD RIGHT TOE TOUCH, KICK BALL CROSS TWICE

- 17-18 Weight on left foot, touch right toe diagonally forward, touch right toe forward
&20 Kick right foot out diagonally forward, bring right foot back in place, cross left foot over right
21-22 Repeat counts 17-18
&24 Repeat counts 19&20

ROCK OUT TO RIGHT SIDE, RECOVER, GRAPEVINE LEFT WITH ¼ TURN, HORSESHOE SHAPE WALK LEFT, RIGHT, LEFT, RIGHT IN PLACE MAKING ½ TURN OVER LEFT SHOULDER

- 25-26 Step right foot out to right side, rock weight on to it, rock weight back on to left foot
27&28 Step right foot behind left foot, step left foot out to left side making ¼ turn over left shoulder, step right foot in place next to left foot
29-30 Step left foot forward, step right foot forward, as you walk, you start to make a horseshoe shape beginning to turn over left shoulder
31-32 You should now have virtually made ½ turn over left shoulder, step forward left foot then step right foot next to left foot, this finishes the horseshoe shape walk with attitude!

SECTION B

HEEL RAISES, BODY TWISTS, CROSS, ¾ TURN

- 1&2& Weight on both feet, feet side by side, angle body & feet diagonally left, bend knees slightly as you twist heels & body to right, knees straight as you twist back to position, knees bent to twist heels & body right again, these twists should be quick & sharp!

While doing these twists, arms should be at chest height, elbows bent, fists clenched, knuckles of each hand touching other hand's knuckles in front of chest, keep arms stiff!

As you turn heels & body right, your arms should make jerking twists to right side & back to position

- 3&4& Weight on right foot, lift left foot slightly up while twisting on right foot to face right diagonal, place left foot next to right foot, twist heels & body to left side with slightly bent knees, twist heels & body back to position with straight knees, twist to left side with slightly bent knees, these twists should be quick & sharp!

While doing these twists, arms should be at chest height, elbows bent, fists clenched, knuckles of each hand touching other hand's knuckles in front of chest, keep arms stiff!

As you turn heel & body left, your arms should make jerking twists to left side

- 5&6& Weight on left foot, slightly raise right foot up while twisting on left foot to face left diagonal, place right foot next to left foot (repeat counts 1 &2&)
- 7&8& Weight on right foot, cross left foot over right foot then make $\frac{3}{4}$ turn over right shoulder unwinding your legs, while making $\frac{3}{4}$ turn your arms should be making jerking twists to left side & returning back to position x 4

SECTION C

HEEL DIGS RIGHT, LEFT, LONG STEP FORWARD WITH RIGHT FOOT, SLIDE LEFT FOOT TO RIGHT FOOT, RIGHT HEEL JACK WITH $\frac{1}{4}$ TURN LEFT

Feet together

- 1&2& Weight on left foot, dig right heel out in front, bring right foot back next to left foot weight on right foot, dig left heel out in front, left foot back next to right foot
- 3-6 Weight on left foot, step long step forward with right foot, slide left foot up to right foot over 3 counts
- 7&8 Step left foot back, dig right heel in front, as you bring left foot next to right foot, make $\frac{1}{4}$ turn over left shoulder, feet together
- 9&10 Step left foot to left side at same time either shimmy or shrug shoulders twice, feet should be shoulder width apart
- 11&12 Weight on left foot, make $\frac{1}{2}$ turn over left shoulder, shimmy or shrugs twice
- 13&14 Repeat counts 9 & 10
- 15&16 Shimmy or shrug shoulders, bending knees up then down on spot
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