

Some R' Jammin

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lucy Strack (USA) & Betty Maddox (USA)
音乐: Summer Jam (Dance Movement Radio Edit Mix) - The Underdog Project



SHUFFLE FORWARD RIGHT-LEFT-RIGHT, LEFT STEP FORWARD, ¼ TURN TO RIGHT, LEFT SIDE AND STEP, RIGHT HITCH WITH TOE TOUCH

- 1&2 Shuffle forward right-left-right
- 3-4 Step left foot forward, make ¼ turn to right on balls of both feet
- 5&6 Step left foot to left, step down on right foot, step left foot in front of right
- 7-8 Hitch right knee up, return right foot next to left with toe touch

RIGHT STEP FORWARD, ¼ TURN RIGHT WITH LEFT FLICK, LEFT STEP FORWARD, ¼ TURN LEFT WITH RIGHT SWEEP, RIGHT KICK AND TOUCH, LEFT KICK AND TOUCH

- 1-2 Step right foot forward, make ¼ turn to right on ball of right foot and flick left heel back
- 3-4 Step left foot forward, sweep right foot making a ¼ turn left with toe touch next to left foot
- 5&6 Kick right foot forward, return right foot next to left, slightly lean upper body forward and touch left toes back
- 7&8 Kick left foot forward, return left foot next to right, touch right toes back

SKATE RIGHT-LEFT, SIDE SHUFFLE RIGHT-LEFT-RIGHT, FULL TURN RIGHT, LEFT TOE TOUCHES

- 1-2 Straighten body and skate with right foot to right, skate with left foot to left
- 3&4 Step right foot to right, step left foot next to right, step right foot to right
- 5-6 Cross left toes in front of right foot, make a full turn to the right on ball of right foot and toes of left foot (left foot is crossed behind right at this point)
- 7-8 Touch left toes to the left, touch left toes next to right foot

FUNKY STEP LEFT-RIGHT, STEP DOWN/BEND KNEES, LEFT TOE TAP, STEP DOWN LEFT-RIGHT, LEFT COASTER STEP

- 1-2 Roll left knee to left and step forward (lean body back but return to upright position as you step forward), step right foot to right with toes pointing diagonally right
- 3-4 Step left foot next to right foot; bend knees with palms on knees, while standing up, lean back and tap left toes diagonally left
- 5-6 Return body to upright position and step down on left foot, step down on right foot with toes pointing forward
- 7&8 Step back on left foot, step down on right foot, step forward on left foot

REPEAT

TAG

At the end of the 1st and 6th walls (the 6th wall has music only, no vocals)

- &1 Hop back and step left foot next to right foot (optional styling - put both palms behind your head and extend elbows to the side)
- 2-4 Extend hip back and roll from left to right