

Turn Off The Lights

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Intermediate
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音乐: Turn Off the Light - Nelly Furtado



Sequence: AAB, AAB, A, Tag, A to the end

SECTION A

RIGHT KICK OUT, OUT, PUNCH, PUNCH, BLOCK, $\frac{1}{4}$ ROCK - STEP LEFT, PIVOT $\frac{1}{2}$, BEND KNEES

- 1&2 Kick the right foot diagonally forward left, step the right foot to the right side (touch the right hand on right hip), step the left foot to the left side (touch the left hand on the left hip)
- 3& Punch right fist straight out, punch left fist over and across the right
- 4 (Bring the left hand down to the left thigh with right hand palm up next to left shoulder) shift weight right
- 5&6 Pivot a $\frac{1}{4}$ left on the right foot rock back on the left foot, place weight right, step the left foot to the left side
- 7 Pivot $\frac{1}{2}$ turn on the left foot (crossing arms up in front of body)
- 8 Step the right foot to the right side bending knees (crossing arms down in front of body hands touching knees)

RIGHT FLICK, STEP IN PLACE RIGHT, LEFT, TOUCH RIGHT, $\frac{1}{4}$ RIGHT, LEFT KICK BALL STEP, PIVOT $\frac{1}{2}$, $\frac{1}{2}$

- 1&2 Straighten up leaving the weight left while flicking the right behind the left heel, replace weight right, replace weight left
- 3 Touch the right foot next to left while bringing the right arm up and over clenching right fist down to the left hip
- 4 Step on the right foot a $\frac{1}{4}$ right (bring right arm up and over onto right hip)
- 5&6 Kick the left foot diagonally low forward, step back on the left foot, replace the weight right
- 7 Make a $\frac{1}{2}$ turn right step back on left foot (weight left)
- 8 Pivot on the left foot $\frac{1}{2}$ right (weight right)

HEELS RIGHT, LEFT, RIGHT WALK FORWARD LEFT, RIGHT, HEELS RIGHT, LEFT, RIGHT, $\frac{1}{4}$ RIGHT TOUCH - CLAP, FLICK

- 1&2 Twist heels right, left, right (weight right)
- 3-4 Step the left foot forward and look back over left shoulder, step forward on the right foot and look forward
- 5&6 Twist heels right, left, right (weight right)
- 7-8 Pivot on the right foot a $\frac{1}{4}$ right touch the left next to the right and clap, flick the left foot up

LEFT CROSS, BACK, HEEL TOUCH, KNEE-UP, HEEL TOUCH FORWARD, LEFT ROCK AND TOUCH, SQUAT, TOUCH TOGETHER

- 1&2 Cross the left foot over the right, step back on the right foot, touch the left heel forward (palms at shoulders facing forward)
- 3-4 Bring left knee up (compress shoulders forward), touch the left heel back down (shoulders back palms at shoulders facing forward)
- 5&6 Rock the left foot to the left side, replace the weight right, touch the left next to the right
- 7-8 Step the left foot a big step to the left side while bending knees, touch the right foot together while straightening up

SECTION B

RIGHT COASTER WITH A $\frac{1}{4}$ RIGHT, PIVOT RIGHT $\frac{1}{4}$, $\frac{1}{2}$, LEFT ROCK CROSS, REPLACE, $\frac{1}{4}$ LEFT, PIVOT LEFT $\frac{1}{4}$, $\frac{1}{2}$

- 1&2 Step back on the right foot, back on the left foot, step the right foot a $\frac{1}{4}$ right

- 3-4 Pivot on the right foot $\frac{1}{4}$ right (weight left), pivot on the left foot $\frac{1}{2}$ right (weight right)
5&6 Rock the left foot across and over the right, replace weight right, step the left foot a $\frac{1}{4}$ left
7-8 Pivot on the left foot $\frac{1}{4}$ left (weight right), pivot on the right foot $\frac{1}{2}$ left (weight left)

JAZZ BOX WITH A $\frac{1}{4}$ RIGHT, WALK AROUND LEFT, RIGHT, JAZZ KICK, STEP LEFT TO LEFT SIDE, TOUCH RIGHT

- 1&2 Cross the right foot over the left, step back on the left foot, step the right foot a $\frac{1}{4}$ right
3-4 Pivot on the right foot $\frac{1}{2}$ right and step forward on the left foot, step forward on the right foot $\frac{1}{4}$ right (face front)
5&6 Kick the left heel forward low, cross left over right, step back on the right foot
7-8 Step the left to left side, touch the right next to the left (knees comes together look down arms crossed in front of body)

TAG

RIGHT HANDS GOES UP FOR TWO AND DOWN FOR TWO

- 1-4 Right hand goes straight up for two counts, and straight back down for two counts
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