

Unleash The Dragon

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 4 级数: Advanced
编舞者: Oliver Seifert
音乐: Unleash the Dragon - Sisqó



CROSS BEHIND, SIDE, CROSS ROCK-RECOVER-HEEL, STEP, BACK ROCK-RECOVER-TOUCH, MONTEREY ¼ LEFT

- 1-2 Step left behind right, step right to right
3&4& Cross rock left over right, recover weight onto right, touch left heel forward, step left beside right
5&6& Rock right back, recover weight onto left, touch right toe to right, step right beside left
7-8 Touch left to left, turn ¼ left on ball of right and step left beside right

FORWARD ROCK, RECOVER, HOOK, SWING & HOOK MAKING ½ RIGHT TURN, LUNGE, ½ RIGHT HINGE TURN, LUNGE

- 1&2 Rock right forward, recover weight onto left, hook right leg over left shin
3-4 Over 2 counts, swing right leg sweeping a circular path and hook right leg behind left knee as you make ½ right turn on ball of left
5-6 Wide step right to right as you lean body right, bring right towards left as you recover to standing position
7-8 Turn ½ right and wide step left to left as you lean body left, bring left towards right as you recover to standing position

BEHIND, SIDE, TOUCH, TOUCH, STEP, KICK, BEHIND, SIDE, TAP, TAP, STEP WITH ¼ RIGHT TURN, KICK

- 1&2&3 Step right behind left, step left to left, cross touch right toe over left, cross touch right over left with further step out, cross step right over left with another further step out
4 Kick left to left diagonal
5&6&7 Step left behind right, step right to right making ¼ right turn, touch left forward, touch left forward with a further step out, step left forward with another further step out
8 Kick right forward

STEP, FORWARD TOUCH, HIP BUMPS, ½ LEFT SHUFFLE, FULL LEFT TURN SHUFFLE

- &1 Step right beside left, touch left forward
2&3&4 Bump hips forward, back, forward, back, forward (ending with left stepping down)
5&6 Shuffling on right, left, right, make a ½ left turn (traveling towards 6:00 wall)
7&8 Shuffling back on left, right, left, make a full turn left (continue traveling slightly towards 6:00 wall)

ROCK BACK, RECOVER, SLIDE, ROCK BACK, RECOVER, SLIDE, WEAVE, UNWIND

- 1&2 Rock right back, recover weight onto left, long step right to right (dragging left towards right)
3&4 Rock left back, recover weight onto right, long step left to left (dragging right towards left)
5&6&7 Step right behind left, step left to left, cross right over left, step left to left, step right behind left
8 Unwind ¾ turn right (weight ends on left)

COASTER STEP, STEP, ½ RIGHT TURN AND FORWARD WALK, COASTER STEP, ½ LEFT SHUFFLE

- 1&2 Step right forward, step left beside right, step right back
3&4 Step left back, ½ turn right on ball of left and walk forward on right, left
5&6 Step right forward, step left beside right, step right back
7&8 Shuffling back on left, right, left make a ½ left turn (traveling towards 9:00 wall)

FLICK, TOUCH, TWIST, MASHED POTATO STEPS, FLICK, TOUCH, CHARLESTON MOVE

- &1&2 Flick right leg back, touch right ball forward (heel twisted left), twist on right ball so that right heel swivels right, left
- &3 Swiveling on balls of both feet, step right back
- &4 Swiveling on balls of both feet, step left back
- &5 Swiveling on balls of both feet, step right back
- &6-7-8 Flick left leg back, touch left ball forward, sweep left around and touch left back, sweep left opposite wise and touch left ball forward

CROSS, BACK, STEP, FORWARD SHUFFLE, STEP, CROSS BEHIND, SIDE, CROSS ROCK-RECOVER-HEEL, STEP

- &1-2 Cross left over right, long step right back, step left beside right
- 3&4& Shuffle forward on right, left, right, step left beside right
- 5-6 Cross right behind left, step left to left
- 7&8& Cross rock right over left, recover weight onto left, touch right heel forward, step right beside left

REPEAT

TAG

At the end of 2nd wall (facing 6:00 wall), add in these 8 counts and restart dance facing 9:00 wall

STOMP, POSE, STOMP, POSE, STOMP, STOMP, STOMPING RIGHT SHUFFLE WITH ¼ RIGHT TURN

- 1-2 Stomp left out (shoulder width apart) and pose with a cool feel
 - 3-4 Stomp right in place (remain shoulder width apart) and pose with a cool feel
 - 5-6 Stomp left, right in place (remain in shoulder width apart)
 - 7&8& Stomp left beside right, stomp right to right, stomp left beside right, make a ¼ right and stomp right slightly forward
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