

Wannabe

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Barry Amato (USA)
音乐: Chained to You - Savage Garden



STEP SLIDE, STEP-CROSS, KICK, CROSS, STEP, KNEE PULSE, RECOVER

- 1-2 Step to the left on left foot, slide right foot to left with right taking weight
- &3 Step in place on left foot, cross right foot over left with right taking weight
- 4 Kick left foot to left side
- 5-6 Cross left foot over right, step to the right on the right foot with weight on both feet
- 7-8 Bend right knee into left leg (keeping left leg straight), straighten right leg

PRESS LINE WITH RIGHT FOOT, HEEL, STEP, HEEL, STEP, STEP, ½ TURN PIVOT

- 1 Bend right leg with knee pointed toward the right and press on the ball of the foot as you bring right arm up with fist by right shoulder and elbow pointing straight out to right
- 2 Bring right fist down and out to right side so that your right arm becomes straight out to the right side
- 3 Drop right fist down and circle it around a full circle until the right arm is straight again (fist is now facing up)
- 4 Continue to bring fist and right arm straight down to your right side as you step together with the right foot
- 5 Touch right heel forward as you bring both arms up over head with elbows pointed out to side (arms will be "bowed" overhead)
- & Step on the right foot as you circle fists overhead, to the left with left fist and to the right with the right fist
- 6 Touch the left heel forward as you bring your arms down to the sides of your legs (fists will be facing out)
- & Step on the left foot
- 7 Step forward on the right foot as you begin to do a "figure 8" motion with your arms, bringing your right hand over the left
- 8 Pivot ½ turn to the left with left foot taking weight as you bring elbows to your side (fists straight out in front of you)

STEP SLIDE, STEP SLIDE, HIP ROLL RIGHT, TOUCH

- 1-2 Step forward on the right as you take your arms straight out in front of you, slide left to meet right as you bring elbows back to side (as if pulling something toward you)
- 3-4 Repeat 1-2
- 5-6 Step to the right and roll your right hip to the right, place your weight down on your left foot
- 7-8 Step to the right and roll your right hip to the right, touch left next to right

1 ¼ TURN LEFT, SHUFFLE, TOUCH RIGHT FORWARD, BEND KNEES, STRAIGHTEN, STEP, TOUCH

- 1-2 Begin a turn left stepping on left, complete turn to left stepping on right
- 3&4 Shuffle forward left, right, left
- 5 Touch right toe forward
- 6 Bend both knees

You can style this with a slight pelvic tilt forward as you bend your knees

- 7 Come up and straighten both legs as you step on right foot in place
- 8 Touch the left foot next to the right

REPEAT