

The Way You Look At Me

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver hip hop
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音乐: Get Up - Ciara



JUMP BACK, TOE TOUCH, STEP TOGETHER, RIGHT SHOULDER ROLL TWICE, STEP LEFT AND RIGHT APART, BEND, ROTATE, STRAIGHTEN UP

- 1 Jump back on both feet (feet apart, weight on left)
- 2-3 Touch right toe forward, step right next to left
- 4-5 Lift right shoulder up rotating from front to back, rotate right shoulder again
- 6-7 Step left to left side, step right to right side
- 8-9 Bend from the waist down to the diagonal left, move in the bent position to the diagonal right
- 10 Straighten up and with right elbow bent, lift elbow right to right (chest level)

For count 1, lock fingers together in front and push arms down when jumping back. For counts 8-9, place arms behind back while in the bent position

ARM MOVEMENTS, COASTER, PIVOT ¼ TURN, SHOULDER ROLL

- 11 With left elbow bent, lift elbow to left (chest level)
- 12&13 Drop elbows while stepping right back, step left beside right, step right forward
- 14-15 Step left forward, pivot turn ¼ right
- 16 Lift shoulders up rotating from front to back

STEP RIGHT BACK, BOUNCE, STEP LEFT BACK, BOUNCE, STEP RIGHT BACK, BOUNCE, STEP LEFT BACK, BOUNCE

- 17-18 Step right back at a diagonal, lift heels, drop
- 19-20 Step left back at a diagonal, lift heels, drop
- 21-22 Step right back at a diagonal, lift heels, drop
- 23-24 Step left back at a diagonal, lift heels, drop

For counts 17-24, rest hands on thigh with elbows slightly bent out

HITCH, STEP, STEP, KNEE BEND, JAZZ BOX

- 25-26 Hitch right knee up next to left (knee slightly across left), step right to right
- 27-28 Step left next to right, bend knees together facing slightly to right (bend arms at elbows against body with palms facing upwards)
- 29-30 Step right over left, step left back
- 31-32 Step right next to left, step left next to right

REPEAT
