

What's In It For Me

COPPER KNOB
BY STEPHEN BATES

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Michelle Better (USA)
音乐: What's In It for Me - Faith Hill



¾ TURN LEFT, SHUFFLE FORWARD, JUMPING JACK, SLOW TURN

- 1&2& Step left foot in back & to the right of the right foot & pivot ¾ turn left
3&4 Shuffle forward left, right, left (step forward onto left foot, slide right foot up next to left, step forward onto left foot)
5-6 Jump and land on both feet with feet apart, jump and land with right foot crossed over left
7-8 Pivoting on the sole of left foot unwind one half turn to left and end with weight on right foot

OPTIONAL SYNCOPATED JUMPING JACK

- 5-6 Step onto sole of left foot slightly out to left side, step onto sole of right foot slightly out to right side. Step onto sole of left foot in home position, cross right over left and touch toe

SHUFFLE, SHUFFLE, TURN, TOUCH

- 1&2 Shuffle forward left, right, left (step forward onto left foot, slide right foot up next to left, step forward onto left foot)
3&4 Shuffle forward right, left, right (step forward onto right foot, slide left foot up next to right, step forward onto right foot)
5 Step left foot straight back
6 Step right foot back while making ¼ turn to right
7 Pivoting on the sole of right foot cross left foot over right foot and unwind ½ turn to right and end with weight on left foot
&8 Slide right foot to meet left foot and touch right

STRUTTING TOE TOUCHES AND HIP BUMPS, STEP BACK

- 1&2 Touch right toe forward to right, bump right hip to right side, snap right heel down and hold (moving forward)
3&4 Touch left toe forward to left, bump left hip to left side, snap left heel down and hold (moving forward)
5&6 Touch right toe forward to right, bump right hip to right side, snap right heel down and hold (moving forward)
7& Touch left toe forward to left, bump left hip to left side
8 Step directly backward left foot

In place of touching your feet forward and the hip bumps; you can use knee hitches

SHUFFLE, COASTER STEP, STOMP AND TURN, BRUSH

- 1&2 Shuffle backward right, left, right (step backward onto right foot, slide left foot back next to right, step backward onto right foot)
3&4 Step back on left, step right beside left, step forward on left
5 Stomp right foot forward
&6- ½ turn to the left; transfer weight to left
7&8 Scuff right forward, hitch right knee, stomp right

SAILOR STEPS, THE DWIGHT (WHAT WE CALL TRAVEL)

- 1&2 Step onto left foot crossing behind right, step onto sole of right foot to right side, step onto left foot slightly to the left or replace weight in position
3&4 Step onto right foot crossing behind left, step onto sole of left foot to left side, step onto right foot slightly to right side or replace weight in position
5 With weight on left toe, twist left heel right while lifting right knee in front of left leg

- 6 With weight on left heel, shift left toe right & touch right toe next to the left
- 7 With weight on left toe, shift left heel right while lifting right knee in front of left leg
- 8 With weight on left heel shift left toe right

KICK TO SIDE, CIRCLE BEHIND, KICK TO SIDE, CIRCLE BEHIND, SAILOR SHUFFLES

- 1-2 Kick right toe to right side, circle back and cross behind left foot in circular motion keeping right toe in contact with the floor. (stretch upper body skyward as you point right toe down to create a long extended look)
- 3&4 Cross behind left foot, step onto sole of right foot to left side, step onto left foot slightly to the left or replace weight in position
- 5-6 Kick left toe to left side and circle back and cross behind right foot in circular motion keeping left toe in contact with the floor. (stretch upper body skyward as you point right toe down to create a long extended look)
- 7&8 Cross behind right foot, step onto sole of left foot to left side, step onto right foot slightly to the right or replace weight in position

GRAPEVINE RIGHT, TOUCH RIGHT, TRAVELING APPLEJACK LEFT

- 1-2 Step onto right foot to right side, step onto left foot to right side crossing behind right
- 3-4 Step onto right foot to right side, step onto left foot next to right
- 5&6 Right heel and left toe to left, left heel and right toe to left, right heel and left toe to left
- 7&8 Right heel and left toe to left, left heel and right toe to left, right heel and left toe to left

CHUG ¼ LEFT, CHUG ¼ LEFT, LUNGE RIGHT, SYNCOPATED JUMPING JACK

- 1&2 Pivot ¼ turn left and touch right toe out to right side, hitch right knee while pivoting ½ turn left on ball of left foot, touch right toe out to right side
- 3-4 Lunge to right side, bring weight back onto left while dragging right back in to meet left (no weight)
- &5 Step onto sole of left foot slightly out to left side, step onto sole of right foot slightly out to right side
- &6 Step onto sole of left foot slightly inward on left side, step onto sole of right foot slightly inward to right side
- 7 Slow body roll up bringing weight to right foot
- 8 Snap both fingers shoulder width apart

REPEAT

VARIATION ON 5TH WALL AND LAST 7-8 COUNT

On the fifth wall there's a break in the music so hold the body roll and do a very slow body roll to take up 7 counts and then snap on the 8th count
