

Whiplash!

COPPER KNOB
BY SHEETS

拍数: 32
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音乐: I Need to Know - Marc Anthony

墙数: 4

级数: Intermediate/Advanced



SIDE LEFT, ROCK BACK, RECOVER, SIDE, TOGETHER, CROSS, RIGHT & LEFT, SIDE CHA RIGHT

- 1 Step left foot to left side
- 2 Rock back with ball of right foot
- 3 Recover weight forward to left foot
- 4 Step right foot to right side
- & Step together with left foot
- 5 Step right foot across in front of left
- 6 Step left foot to left side
- & Step together with right foot
- 7 Step left foot across in front of right
- 8 Step right foot to right side
- & Step together with left foot
- 9 Step right foot to right side

CROSS ROCK, RECOVER, ¼ TURN LEFT, STEP, ½ TURN LEFT

- 10 Rock left foot across in front of right
- 11 Recover weight back to right foot
- 12 Step left foot to left side
- & Step together with right foot
- 13 ¼ turn left, step forward with left
- 14 Step forward with right foot
- 15 Turn ½ left shifting weight forward to left foot

TAP, TAP, ROCK, RECOVER, SIT WITH HEAD POP (THE WHIPLASH MOVE!)

- 16 Touch ball of right foot slightly forward with right heel lifted, right knee bent
- & Touch ball of right foot slightly further forward right heel lifted, right knee bent
- 17 Rock forward with right foot

During the above counts 16&17, lead forward with right side of chest and right shoulder, keeping head and left shoulder back

- 18 Recover weight back to left foot, roll head and shoulders forward
- 19 Keeping weight on left foot, roll head and shoulders up popping head up to normal position, sit slightly by bending left knee, right ball of foot is forward, with right heel lifted, right knee bent

COASTER STEP, STEP, ¼ TURN RIGHT, CROSS & CROSS, SIDE ROCK, RECOVER

- 20 Step back with right foot
- & Step together with left foot
- 21 Step forward with right
- 22 Step forward with left foot
- 23 Turn ¼ right, shifting weight to right foot
- 24 Step left foot across in front of right
- & Small step with right foot to right side
- 25 Step left foot across in front of right
- 26 Rock right foot to right side
- 27 Recover weight to left foot

CROSS & TURN ¼ RIGHT & SIDE CHA, HOLD, & CROSS

- 28 Step right foot across in front of left
& Turn ¼ right on right foot, step back and slightly to left side with left foot
29 Step to right side with right foot
& Step together with left foot
30 Step to right side with right foot
31 Hold
& Small step back with ball of left foot
32 Step right foot across in front of left

REPEAT
