

Watch Me Now

COPPER KNOB
BY STEPHENETS

拍数: 80 墙数: 4 级数: Intermediate
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音乐: Do You Love Me - The Contours



SECTION A

Forward Shuffle, 1/2 Turn Right, Hold, Knee Pops, Hold

1&2 Right shuffle forward - R, L, and R
3,4 Turn sharply 1/2 right as you step L side, Hold count 4 (weight on left foot)
5,6,7,8 Bend R knee in toward left, Bend L knee in towards R, Bend R knee in towards L, Hold

Forward Shuffle, 1/2 Turn Right, Hold, Knee Pops, Hold

1&2 Right shuffle forward - R, L, R
3,4 Turn sharply 1/2 right as you step L side, Hold count 4 (weight on left foot)
5,6,7,8 Bend R knee in toward left, Bend L knee in towards R, Bend R knee in towards L, Hold

Right Side Shuffle, 1/4 Left, Side Shuffle, 1/4 Left, Side Shuffle, 1/4 Turn, Side, 1/4 Turn, Hitch (Shuffle Box)

1&2 R shuffle to right side and turn 1/4 left on the 3rd step of shuffle
3&4 L shuffle to left side and turn 1/4 left on the 3rd step of shuffle
5&6 R shuffle to right side and turn 1/4 left on the 3rd step of shuffle
7 Step L to left side
8 Turn 1/4 left and hitch R knee

Note: this pattern makes a box or square shape on the floor - you will end up facing the front or 12:00 wall at the end of this section

Step Side, Touch Behind, Step Side, Touch Behind, Step Side & Bounce Heels/Pump Knees

1,2 Step R to right side & reach forward with both arms, Touch L behind R as you pull both arms in (similar to a rowing action but adding a slight hip thrust forward & back with the pulling gesture)
3,4 Step L to left side, Touch R behind L - repeat arm gestures
5 Step R to right side
6,7,8 Bounce both heels and extend L arm pointing forward then circling laterally to the L side (Greased Lightning from the movie Grease)

Toe-Heel Jazz Box

1,2,3,4 Cross R over L with toe, Flat, Step L back w/toe, flat
5,6,7,8 Step R toe right side, Flat, Step L in place with toe, flat

1/2 Turn Left, 1/2 Spin Left, Hitch, Step Side, Bounce Heels, Pose

1,2 40-48 Step R forward & turn 1/2 left, Step L in place
3,4 Hitch R knee as you turn 1/2 left on L foot on count 3, Step R to right side count 4
5,6,7, Bounce both heels as you hold arms in front at waist level, palms in and shake down and up, as if you are trying to air dry your hands or shake water off of them.
8 Shift weight (lean slightly) to L foot, letting R point to the right side as you place back of left hand to your fore-head (excedrin headache)

To those of you in other countries, it was a commercial here in the U.S.

SECTION B

1/8 Turn Left w/Hip Roll, 1/8 Turn Left w/Hip Roll, Touch & Touch & Touch, Hold

1,2 Step R forward & turn 1/8 left, Step L in place - roll hips counter clockwise
3,4 Step R forward & turn 1/8 left, Step L in place - roll hips counter clockwise

5&6&7,8 Touch R toe to R side, Step R next to L, Touch L toe to left side, Step L next to R, Touch R to right side, Hold

1/8 Turn Left w/Hip Roll, 1/8 Turn Left w/Hip Roll, Touch & Touch & Touch, Hold

1,2 Step R forward & turn 1/8 left, Step L in place - roll hips counter clockwise

3,4 Step R forward & turn 1/8 left, Step L in place - roll hips counter clockwise

5&6&7,8 Touch R toe to R side, Step R next to L, Touch L toe to left side, Step L next to R, Touch R to right side, Hold

1/8 Turn Left w/Hip Roll, 1/8 Turn Left w/Hip Roll, Touch & Touch & Touch, Hold

1,2 Step R forward & turn 1/8 left, Step L in place - roll hips counter clockwise

3,4 Step R forward & turn 1/8 left, Step L in place - roll hips counter clockwise

5&6&7,8 Touch R toe to R side, Step R next to L, Touch L toe to left side, Step L next to R, Touch R to right side, Hold

25-32 Step R Side, Clap Hands, Step L Side, Clap Hands

1 Step R to right side and slightly forward

2,3,4 Clap hands 3 times with the rhythm of the music - you'll hear it

5 Step onto L foot side and slightly forward

6,7,8 Clap hands 3 times with the rhythm of the music - you'll hear it

Sequence - A B A A B B A A- B B to fade out.
