

The Jazzy Fizzle Step

COPPER KNOB
BY STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate/Advanced
编舞者: Ben Martin (UK) & Shaz Walton (UK)
音乐: One, Two Step (feat. Missy Elliott) - Ciara



STEP, HOLD, STEP ¼ RIGHT, STEP½ PIVOT RIGHT, HITCH, BACK STEP, STEP FORWARD, HIP PUSH,

- 1-2 Step right to right side, hold
- &3-4 Step left beside right, step right ¼ turn right, step forward left
- 5-6 Pivot ½ turn right, hitch left
- &7-8 Step back on left pushing hips back, step forward right with hips still back, push hips forward

STEP, TOGETHER, STEP FORWARD WITH PUSH BACK, HIP PUSH FORWARD, SLAP, STEP, KNEE ¼ TURN, RIGHT COASTER STEP

- &1-2 Step left beside right, step forward right as you push left hip back, push hips forward (weight on right)
- 3-4 Bring left foot up behind right & slap with right hand, step left to left side
- 5-6 Roll right knee towards left, make a ¼ turn right, (weight on left)
- 7&8 Step back right, step left beside right, step right forward

CHEST THRUST, HOLD, STEP, KICK, HITCH, BEHIND, SIDE, CROSS, POINT

- 1-2 Step left to left side as you thrust your chest forward, hold
- Styling option: when thrusting your chest forward bring hands up with palms facing away from you**
- &3-4 Step right beside left, kick left across right, hitch left & circle behind right
 - 5-6-7-8 Cross step left behind right, step right to right side, cross step left in front of right, point right to right side

STEP, POINT, HITCH, STEP TOGETHER, WALK FORWARD TWICE, LOCK, TURN, WALK BACK TWICE

- &1-2 Step right beside left, point left to left side, hitch left
- &3-4 Step back on left, step forward right, step forward left
- 5-6 Lock right foot behind left, unwind a full turn right, (weight ends on left)
- 7-8 Walk back right, walk back left

Option to take out the turn

- 5-6 Step right beside left, touch right beside left

CROSS ROCK, RECOVER, STEP, CROSS ROCK, RECOVER, STEP, FUNKY SWIVEL STEPS

- 1&2 Cross rock right over left, recover on left, step right to right side
- 3&4 Cross rock left over right, recover on right, step left to left side
- 5 Step forward on right
- &6 Roll both feet out so you are balanced on the edges of both feet, your knees will part, bring knees & heels in
- 7 Step left forward
- &8 Roll both feet out so you are balanced on the edges of both feet, your knees will part, bring knees & heels in

Styling option: if you prefer - you can replace the feet rolls with heel/toe swivels

ROCK, RECOVER, SHUFFLE ½ TURN RIGHT, ROCK LEFT & LOOK, RECOVER, STEP, ROCK RIGHT & LOOK, RECOVER

- 1-2 Rock forward on right, recover on left
- 3&4 Shuffle ½ turn right stepping right-left-right
- 5-6& Rock left to left as you look left, recover on right, step left beside right
- 7-8 Rock right to right as you look right, recover on left

¼ KNEE ROLLS, HOLD, ¼ KNEE ROLLS TWICE, ROCK RECOVER, STEP BACK, ¼ TURN LEFT

&1-2 Roll left knee ¼ turn left, step right beside left as you roll your right knee towards left, hold

&3 Roll left knee ¼ turn left, step right beside left as you roll your right knee towards left

Styling option: leave your head where its is until you step right beside left

&4 Roll left knee ¼ turn left, touch right beside left as you roll your right knee towards left

Styling option: leave your head where its is until you step right beside left

5-6-7-8 Rock forward on right, recover on left, step back on right, step left ¼ turn left

SIDE, HOLD, BEHIND, STEP, TOE SWIVEL TWICE (THE 1-2 STEP)

1-2 Step right to right side, hold

3&4& Cross step left behind right, step right to right side, touch left toe to left diagonal as you turn left heel in, turn left heel out raising foot off the floor

5-6 Step left to left side

7&8& Cross step right behind left, step left to left side, touch right toe to right diagonal as you turn right heel in, turn right heel out raising foot off the floor

REPEAT

TAG

At the start of wall 3, you will be on the home wall. you have 4 counts to do what you like. Shaz does a hip roll to the left over 4 counts & Ben does allsorts of weird stuff!

Start the dance again
