

Judylicious

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Judy McDonald (CAN)
音乐: Bootylicious - Destiny's Child



Start dance after a 32 count intro, unless you want to start after 16 counts, in which case, see below to find out what to do for the extra 16 counts before you start

LEFT TRIPLE FORWARD, RIGHT WALK FORWARD, LEFT WALK FORWARD

1&2 Step left forward, step right beside left, step left forward
3-4 Step right forward, step left forward

RIGHT STEP FORWARD, LEFT ¼ TURN STEP, RIGHT CROSS, LEFT STEP SIDE, RIGHT CROSS, LEFT STEP SIDE

5&6 Step right forward, make ¼ turn left and step left in place, step right across in front of left
7&8 Step left to side, step right across in front of left, step left to side

RIGHT ROCK BACK, LEFT STEP, RIGHT STEP SIDE, LEFT ROCK BACK, RIGHT STEP, LEFT STEP SIDE

1&2 Step right behind left, step left in place, step right to side
3&4 Step left behind right, step right in place, step left to side

SIT, BUMP HIPS RIGHT, LEFT, RIGHT, LEFT

5-6 Bend knees and "sit" with weight on left and body angled slightly to the right, bump hips right
7&8 Bump hips left, bump hips right, bump hips left

RIGHT KNEE IN, TURN LEFT KNEE OUT MAKING ¼ TURN, BUMP HIPS LEFT, RIGHT, LEFT, RIGHT

12 Bend right knee in to left knee while squaring body up to 9:00 and look down at floor while putting your open palm on the top of your head, shift weight to right while making ¼ turn left and turning left knee out and looking forward

You're now in the "sit" position with weight on your right facing 6:00

&3&4 Bump hips left while raising right shoulder and dropping left, bump hips right while raising left shoulder and dropping right, bump hips left...with same shoulder move, bump hips right...with same shoulder move

LEFT STEP ACROSS RIGHT, RIGHT STEP TO SIDE, LEFT STEP ACROSS RIGHT, RIGHT STEP TO SIDE, LEFT STEP ACROSS RIGHT

5-6 Step left across in front of right, step right to side
7&8 Step left across in front of right, step right to side, step left across in front of right

Bounce shoulders up and down while you do this

RIGHT SIDE ROCK & CROSS, PUSH HIPS BACK, FORWARD, BACK, FORWARD

1&2 Step right to side, step left in place, step right across in front of left
&3&4 Push hips back, push hips forward, push hips back, push hips forward

LEFT STEP SIDE, RIGHT TOUCH, RIGHT STEP SIDE, LEFT TOUCH

5-6 Step left to side, touch right in place
7-8 Step right in place, touch left in place

Put your body into this and roll with the step touches-try sweeping your hand over your head from front to back...right first, then left

*LEFT STEP FORWARD, RIGHT TOUCH, RIGHT TRIPLE FORWARD

1-2 Step left forward, touch right beside left

3&4 Step right forward, step left beside right, step right forward

***LEFT STEP FORWARD, RIGHT TOUCH, RIGHT TRIPLE FORWARD**

5-6 Step left forward, touch right beside left

7&8 Step right forward, step left beside right, step right forward

***LEFT STEP FORWARD, RIGHT TOUCH, RIGHT TRIPLE FORWARD**

1-2 Step left forward, touch right beside left

3&4 Step right forward, step left beside right, step right forward

***WALK BACK LEFT, RIGHT, LEFT, RIGHT, LEFT**

5-6 Step left back, step right back

7-8& Step left back, step right back, step left back

Lean forward slightly and shimmy shoulders while backing up

SHOULDER ISOLATIONS RIGHT, LEFT, RIGHT, LEFT, PUSH ON TO RIGHT, STEP LEFT TOGETHER AND SIT

1&2& Step right to side while shifting shoulders right, shift shoulders left, shift shoulders right, shift shoulders left

3-4 Push off left foot while rising up on the ball of right, step left beside right and "sit" while throwing head to right

BUMP HIPS LEFT, RIGHT, LEFT, RIGHT, LEFT

5-6 Bump hips left, bump hips right

7&8 Bump hips left, bump hips right, bump hips left

RIGHT SIDE ROCK & CROSS, LEFT SIDE ROCK & CROSS

1&2 Step right to side, step left in place, step right across in front of left

3&4 Step left to side, step right in place, step left across in front of right

RIGHT KICK, RIGHT CROSS, POP KNEES OPEN, CLOSE KNEES, RIGHT SIDE ROCK & CROSS

5&6& Kick right forward on diagonal right, step right across in front of left, pop both knees out, close knees

7&8 Step right to side, step left in place, step right across in front of left

REPEAT

FOR THE BIG FINISH..

At the end of the song, you will be facing the back and will have done the last step of the dance. When you cross your right over left, unwind to the front while sliding your arms up your body to reach up in the air. Listen to the lyrics. She's saying "my body's too bootylicious for you baby". So work with it!

***BONUS 16 COUNT INTRO**

To start the dance after only 16 counts, do the 16 counts marked above with *. Instead of stepping left on the last count, just do a touch so you can start the dance with your left foot. Then, start the dance at the beginning where you would normally start it.
