

It's Free...All Right

COPPER KNOB
BY STEPHEN

拍数: 0 墙数: 4 级数: Intermediate
编舞者: William Sevone (UK)
音乐: All Right Now - Free



Sequence: AA, B, TAG, AA, A (counts 1-16), B, AAAA, A (counts 1-16), C, BBB

SECTION A - 'THE VERSE'

STEP FORWARD, PIVOT ½ LEFT, TOGETHER, 3X KNEE POPS WITH EXPRESSION, FORWARD SHUFFLE

- 1-2 Step forward onto right foot, pivot ½ left (weight on left foot)
3 Step right foot next to left
4 Drop right hip & 'pop' left knee forward (looking behind over right shoulder)
5 (Straighten left knee) drop left hip & 'pop' right knee forward (looking behind over left shoulder)
6 (Straighten right knee) drop right hip & 'pop' left knee forward (looking behind over right shoulder)
7&8 Step forward onto left foot, close right foot next to left, step forward onto left foot

STEP FORWARD, FORWARD FULL TURN LEFT, ROCK FORWARD-BACKWARD, ¼ RIGHT SIDE STEP, CROSS STEP, 2X SIDE ROCKS

- 9-10 Step forward onto right foot, turn ½ left & step backward onto left foot
11-12 Turn ½ left & rock forward onto right foot, rock onto left foot
13-14 Turn ¼ right & step right foot to right side, cross step left foot over right
15-16 Rock right foot to right side, rock onto left foot

2X SIDE ROCKS, SIDE TOE HEEL STRUTS

- 17-18 Rock onto right foot, rock onto left foot
19-20 Cross step right toe over left foot, drop right heel to floor
21-22 Step left toe to left side, drop left heel to floor
23-24 Cross step right toe behind left foot, drop right heel to floor

¼ LEFT FORWARD STEP, ½ LEFT BACKWARD STEP, ¼ LEFT SIDE STEP, CROSS ROCK, ROCK, ¼ RIGHT FORWARD STEP, ¼ RIGHT CHASSE LEFT

- 25-26 Turn ¼ left & step forward onto left foot, turn ½ left & step backward onto right foot
27-28 Turn ¼ left & step left next to right, cross rock right foot over left
29-30 Rock onto left foot, turn ¼ right & step forward onto right foot
31&32 Turn ¼ right & step left foot to left side, step right foot next to left, step left foot to left side

SECTION B - 'THE CHORUS'

THE 'BIKIE SHUFFLE'

Each region had/has its own name for this set of movements

- 1&2 Lean forward & dip right shoulder diagonally left, return to center, repeat forward 'dip'
3 Lean backward & push right shoulder backward
4 (Returning right shoulder to center but still leaning backward) push left shoulder backward
5&6 Lean forward & dip left shoulder diagonally right, return to center, repeat forward 'dip'
7 Lean backward & push left shoulder backward
8 (Returning left shoulder to center but still leaning backward) push right shoulder backward

THE 'BIKIE SHUFFLE'

- 9-16 Repeat counts 1-8

¼ LEFT FORWARD STEP, PIVOT ½ LEFT, FORWARD SHUFFLE, ROCK FORWARD-BACKWARD, ½ LEFT FORWARD STEP, STEP FORWARD

- 17-18 Turn ¼ left & step forward onto right foot, pivot ½ left (weight on left foot)
19&20 Step forward onto right foot, close left foot next to right, step forward onto right foot
21-22 Rock forward onto left foot, rock backward onto right foot
23-24 Turn ½ left & step forward onto left foot, step forward onto right foot

2X FORWARD DIAGONAL 'TOE SKIPS', FORWARD DIAGONAL STEP, ½ RIGHT ROCK BACK, FORWARD SHUFFLE

- 25&26 (Facing forward and leaning backward) step left toe diagonally forward left, step right foot next to left, step left toe diagonally forward left (dropping heel to floor after move)
27&28 (Facing forward and leaning backward) step right toe diagonally forward right, step left foot next to right, step right toe diagonally forward right (dropping heel to floor after move)
29-30 Step left foot diagonally forward left, turn ½ right to face opposite wall & rock backward onto right foot
31&32 Step forward onto left foot, close right foot next to left, step forward onto left foot

TAG

Only once and after the 1st Section B (end facing 9:00) -

- 33-34 Step forward onto right foot, pivot ½ left (weight on left foot)
35-36 Step forward onto right foot, pivot ½ left (weight on left foot)

SECTION C - 'THE CHANT' (END FACING 12:00)

2X RIGHT FOOT STOMPS, JUMP APART, JUMP UP & ½ LEFT, 2X LEFT FOOT STOMPS, JUMP APART, JUMP UP & ½ RIGHT

- 1-2 Stomp down onto right foot, repeat
3-4 Jump feet apart, jump up & turn ½ left (landing on both feet at same time)
5-6 Stomp down onto left foot, repeat,
7-8 Jump feet apart, jump up & turn ½ right (landing on both feet at same time)

The 'Chant' can be anything. For example, "1-2-3-4-get those-bodies-on the-floor", as long as it is in time with the music

DANCE FINISH

At the end of the 16th wall - including 'c' - (facing 9:00) do the following

- 1-2 Rock forward onto right foot, rock onto left foot
3 Turn ¼ right & with right hand on hat brim step right foot to right side, (hold position through final fade)
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