

Hydromatic

COPPER KNOB
BY STEPHEN HETS

拍数: 48 墙数: 2 级数: Improver
编舞者: Gary Lafferty (UK)
音乐: Greased Lightning - Westlife



RIGHT KICK-BALL-CHANGE, STOMP, CLAP ; ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

1&2 Kick right foot forward, step down on right foot beside left, step on left foot in place
3-4 Stomp right foot forward, hold / clap hands
5-6 Rock forward on left foot, recover weight onto right
7&8 Shuffle back ½ turn over left shoulder stepping on left-right-left

STEP FORWARD, ½ TURN, KICK, KICK ; ROCK BACK, RECOVER, RIGHT SHUFFLE FORWARD

1-2 Step forward on right foot, pivot ½ turn to left
3-4 Kick right foot forward twice
5-6 Rock back on right foot, recover weight onto left foot
7-8 Step forward on right foot, step on left foot beside right, step forward on right foot

STEP FORWARD, BOUNCE HEELS ½ TURN ; ROCK BACK, RECOVER, RIGHT KICK-BALL-CHANGE

1 Step forward on left foot
2-4 Bounce heels 3 times to make ½ turn over right shoulder (weight remains on left, arms out for styling)
5-6 Rock back on right foot, recover weight onto left foot
7&8 Kick right foot forward, step down on right foot beside left, step on left foot in place

JAZZ BOX ; JUMP FORWARD, CLAP (TWICE)

1-2 Cross-step right foot over left, step back on left foot
3-4 Step to right on right foot, step forward on left foot
&5-6 Jump slightly forward on right then left ; hold / clap hands
&7-8 Jump slightly forward on right then left ; hold / clap hands

TOE-STRUTS (OUT TO THE DIAGONALS THEN BACK IN TO CENTER)

1-2 Touch right foot out to right diagonal, lower right heel to floor
3-4 Touch left foot out to left diagonal, lower left heel to floor
5-6 Touch right foot back towards center, lower right heel to floor
7-8 Touch left foot back towards center, lower left heel to floor

Click your fingers out to the sides for styling on all 4 struts

STEP FORWARD, ½ TURN, STEP FORWARD, HOLD (TWICE)

1-4 Step forward on right foot, pivot ½ turn to left, step forward on right foot, hold
5-8 Step forward on left foot, pivot ½ turn to right, step forward on left foot, hold

REPEAT

The Westlife track is available on a compilation album entitled "Greasemania" (note - all one word) which was released to coincide with an ITV show of the same name. The song starts with some vocals, start the 32-count intro around 12 seconds when the beat begins, and start the dance on main vocals (24 seconds). The album is available from websites such as www.amazon.co.uk and www.ebay.co.uk for as little as 1p & postage at the time of releasing the dance!

If you have the original Grease soundtrack CD, then that version of Greased Lightning will also work, albeit with different phrasing. Start the dance after the initial vocals with a really short 4-count intro, on main vocals. This version of the music is faster, around 164 bpm