

Hong Kong Syndikat

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate/Advanced
编舞者: John Robinson (USA)
音乐: Do The Rabbit - Hong Kong Syndikat



The song starts with a 16-count intro, after which the consistent heavy beat begins. Start dancing here to get an extra wall in, or you may wait until the lyrics begin. Execute this dance smoothly with no "bounces" or "hops" on the syncopated counts

RIGHT HEEL GRIND & WALK FORWARD LEFT-RIGHT, LEFT TAP BEHIND, TURN ½ LEFT, TURN ¼ LEFT, LEFT ROCK BACK &

- 1-2 Step right heel forward with toe turned in, turn right toe out
- &3-4 Step ball of right foot next to left, step left forward, step right forward
- 5-6 Touch left behind right, turn ½ left and stepping left forward (6:00)
- 7-8& Turn ¼ left and step right to side, rock ball of left foot behind right, recover to right (3:00)

LEFT SIDE STEP, BODY ROLL LEFT, RIGHT KICK-BALL-CROSS, RIGHT TAP-STEP-TOUCH, TURN ¼ LEFT WITH LEFT TAP-TAP-STEP

- 1-2 Step left side left, body roll left settling weight on left
- 3&4 Kick right foot diagonally right (low), step ball of right foot back, step left across right
- 5&6 Touch right next to left, step right slightly side right, touch left next to right

Bending right knee slightly

- 7&8 Turn ¼ left and tap left toe forward, touch toe left forward again, step left forward (12:00)

WALK FORWARD RIGHT-LEFT & RIGHT SIDE BALL-CHANGE, LEFT SIDE FLICK LEFT CROSS, PIVOT ¼ LEFT STEPPING BACK RIGHT-LEFT, RIGHT TOUCH IN FRONT RAISING ARMS

- 1-2 Step right forward, step left forward
- &3-4 Rock ball of right foot side right, recover to left, step right next to left and flick left out side left
- 5-6 Step left across right, turn ¼ left and step right back (9:00)
- 7-8 Step left back, touch right toe forward

Raise both arms above head hands clasped with both palms facing away from you

RIGHT PRESS WITH RIB CAGE ISOLATIONS OR HIPS BUMPS, LEFT ROCK FORWARD, RECOVER, SAILOR TURNING ¼ LEFT

- 1-2 Pres into ball of right and move rib cage forward, move rib cage back
- 3&4 Move rib cage forward, back, forward (weight to right)

Lower arms when finished

Easier option: bump hips forward, back, forward & forward, shifting weight forward to right

- 5-6 Rock ball of left foot forward, recover to right
- 7&8 Turn ¼ left and step ball of left behind right, step right slightly side right, step left forward (6:00)

SEXY HIP WALK RIGHT-LEFT, RIGHT ANGLED TRIPLE WITH HIP PUSHES, LEFT ROCK FORWARD, RECOVER, TURN ½ LEFT, TURN ¼ LEFT, LEFT CROSS

- 1-2 Step right forward pushing right hip out, step left forward pushing left hip out
- 3&4 Step right diagonally forward pushing right hip out, step left next to right, step right diagonally forward pushing right hip out
- 5-6 Rock ball of foot left foot forward, recover to right
- 7&8 Turn ½ left and step left forward (12:00), turn ¼ left and step right side right, step left across right (9:00)

FULL MONTEREY TURN WITH LEFT SIDE ROCK & TOGETHER, HIP PUSH SIDE RIGHT, HIP PUSH SIDE LEFT

1-2 Touch right side right, turn a full turn to the right

Tuck right next to left calf during full turn

&3&4 Step right next to left, rock ball of left foot to left side, recover to right, step left next to right

5&6 Rock right to side right pushing hips right, recover onto left, step right next to left

7-8 Rock left side left pushing hips left, recover onto right, step left next to right

REPEAT
