

Getcha Nak'd

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Intermediate/Advanced
编舞者: Martin Brannigan & Lee Birks (UK)
音乐: Rock Your Body - Justin Timberlake



Sequence: AAB, AAB, AAAB, AA, B played out

PART A

WALK WALK, KICK STEP STEP, SINGLE HEEL SWIVELS, HEAD LOOK, DOUBLE HEEL SWIVEL

- 1-2 Step forward onto right, step forward onto left
- 3&4 Kick right forward, stepping back on right behind left, step left in place (angling body to 1:30)
- 5-6 Swivel right heel left towards back of left heel, swivel left heel left to 12:00 while turning body ½ turn right to 6:00 with head still looking towards front (1:30'ish)
- 7-8 Complete ½ turn by turning head to 6:00, on balls of both feet swivel heels, body and head ½ turn right (to face 12:00 again) taking weight onto right

COASTER, KICK STEP POINT, ¼ TURN SAILOR CROSS, SIDE HITCH SHOULDER LIFT

- 1&2 Step back left, step right beside left, step forward left
- 3&4 Kick right forward, step right beside left, point left to left side
- 5&6 Cross step left behind right, step right ¼ turn left (facing 9:00), step left across right
- 7-8 Right large step to right side (12:00), bringing left close to right hitch left knee lifting shoulders up

ROCK RECOVER SIDE, BEHIND SIDE POINT, POINT HITCH ½ TURN POINT, TOE POINTS

- 1&2 Step left behind right, replace weight onto right, step left large step to left side
- 3&4 Step right behind left, step left to left side, point right toe to front
- 5&6 Point right toe to right side, hitch right knee beside left, on ball of left turn ½ right, point right toe to right side (now facing 3:00)
- &7&8 Step right beside left, point left toe to left side, step left beside right, point right to right side

STEP, LEFT ¾ TURN COASTER, KICK BALL CROSS, POINT AND FULL TURN BOUNCE

- 1-2&3 Stepping right forward prep for ½ turn left, complete ½ turn left sweeping left close behind right, step right beside left, step forward on left making ¼ turn left (facing 6:00)
- 4&5 Kick right forward diagonally right (to 7:30), right beside left, cross step left over right (still facing 6:00)
- 6-7&8 Point right to right side, bringing right close to left, make full turn right bouncing on balls of feet (facing 6:00)

PART B

JUMPS WITH ¼ TURN, ROCK RECOVER AND SIDE CROSS HOLD WITH SHOULDER PUSH

- &1&2 Step right forward, step left forward shoulder width apart, step back right, step back left together
- &3&4 ¼ turn right and repeat counts &1&2 (facing 3:00)
- 5-6 Cross step right over left, replace weight back onto left
- &7-8 Step right to right side, cross step left over right, hold (pushing shoulders forward and back or up and down for a 7&8 count), weight mainly on right

STEP, ¼ TURN CROSS ROCK RECOVER, SIDE CROSS HOLD, SIDE STEP CLAP AND SLIDE, STEP

- &1-2 Step left beside right, turning ¼ turn right cross step right over left (to 6:00), replace weight back onto left
- &3-4 Step right to right side, cross step left over right, hold, weight mainly on right
- 5-6 Step left large step to left side, touch right beside left, at same time swing arms up and over head, end with clap to left side, looking to left side

&7-8

Push body to right side, stepping right, slide left to meet right, taking weight onto left, arms open for slide
