

Fss (Funk, Spirit & Spunk)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Forty Arroyo (USA)
音乐: You Got the Power - War



Dedicated to my Spirited students at Good Samaritan Hospital. Thank you all for contributing to the success of the DANCING FOR A CAUSE PROGRAM, 1995 to present

GIANT STEP RIGHT, TOUCH LEFT NEXT TO RIGHT, KNEE POPS 2X

- 1 Giant step to right with bended knees bringing arm straight out to side with bended elbow and closed fist
- 2 Drag and touch left next to right straighten knees and bring fists together at chest level
- &3 Pop both knees, straighten knees (fists still closed & at chest level for &3) (optional)
- &4 Pop both knees, straighten knees (fists still closed & at chest level for &3) (optional)

STEP LEFT WITH KNEES OUT, TOUCH RIGHT NEXT TO LEFT WITH KNEES IN, ½ LEFT STEP RIGHT WITH KNEES OUT, TOUCH LEFT NEXT TO RIGHT WITH KNEES IN (PLACE HANDS ON KNEES THROUGHOUT THE FOUR COUNTS)

- 1-2 Step left to left turning knees out, touch right next to left turning knees in (folding right knee over left)
- 3-4 Step right turning a ½ left turning knees out, touch left next to right turning knees in (folding left knee over right)

HEEL SWITCHES LEFT & RIGHT, OUT, OUT, IN, TOUCH - REPEAT

- 1&2 Tap left forward, step left in place, tap right forward
- &3&4 Step right to right, step left to left, step right home (in), touch left next to right (out, out, in, touch)
- 5&6 Repeat steps 1&2
- &7&8 Repeat steps &3&4

ROCK LEFT, TOUCH, STEP ¼ LEFT, TOUCH RIGHT, STEP RIGHT, TOUCH LEFT, STEP LEFT, TOUCH RIGHT, ¼ LEFT, STEP, TOUCH, SHIFT LEFT, STEP, TOUCH

- 1&2 Rock left, recover weight on right as you touch left next to right, step forward left turning ¼ left
- 3&4 Touch right forward - diagonally to right twisting upper body to right, step right in place, touch left forward - diagonally to left twisting upper body to left
- &5-6 Step left in place, touch right forward, turn ¼ left on left (now at 12:00 with right toe out to side & weight on left)
- &7 Step right next to left, touch left to left as you lean body to right bending right knee and lifting right shoulder
- 8 Lean and shift weight to left bending left knee and lifting left shoulder

STEP, TOUCH, SHIFT WEIGHT WITH ¼ LEFT, RIGHT HEEL SWITCH, LEFT HEEL SWITCH WITH ½ LEFT, ROCK & STEP, ROCK & STEP

- &1 Step right next to left, touch left to left as you lean body to right bending right knee and lifting right shoulder
- 2 Shift weight unto left turning ¼ left
- 3&4 Tap right heel forward, step right in place, tap left heel forward turning ½ left
- &5&6 Step left next to right, cross rock right over left, recover weight on left, step right to right
- 7&8 Cross rock left over right, recover weight on right, step left to left

REPEAT

