

(Geek) In The Pink

COPPER KNOB
BY STEPHEN BATES

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Johanna Barnes (USA)
音乐: Geek In the Pink - Jason Mraz : (Album: Mr. A-Z)



(2014 Step Description Revision (Released early 2006))

[1~8]: KNEE ROLLS R, L, ROCKING CHAIR, STEP R, SCUFF/HITCH ½ TURN R

- 1 R step forward while rolling R knee out forward & clockwise, rotate hip to follow knee
- 2 Roll R knee back counter-clockwise and weight R, rotate hip to follow knee
- 3 L step forward while rolling L knee out forward & counter-clockwise, rotate hip to follow knee
- 4 Roll L knee back clockwise and weight L, rotate hip to follow knee
- 5 R rock forward
- & Recover weight onto L
- 6 R rock back
- & Recover weight onto L
- 7 R step forward
- & L scuff (heel) or brush (toe) forward
- 8 hitch L knee and make a ½ turn right (it will feel like a brief hold) (6:00)

[9~16]: STEP L, ½ PIVOT L, COASTER STEP, FUNKY FOOT SLIDES R-L-R-L

- 1 L step forward
- 2 ½ pivot turn over left shoulder, stepping back to weight R (12:00)
- 3 L step back
- & R step next to L
- 4 L step forward
- 5 pushing off L foot, R slide on diagonal forward to 1:00, angling body toward 11:00, while turning feet/knees out
- & L slide next to R while closing feet and knees, angling body toward 1:00
- 6 pushing off R foot, L slide on diagonal forward to 11:00 & angling body toward 1:00, while turning feet/knees out
- & R slide next to L while closing feet and knees, angling body toward 11:00
- 7 pushing off L foot, R slide on diagonal forward to 1:00, angling body toward 11:00, while turning feet/knees out
- & L slide next to R while closing feet and knees, angling body toward 1:00
- 8 pushing off R foot, L slide on diagonal forward to 11:00 & angling body toward 1:00, while turning feet/knees out

***Note: Easier Option for 5&6&7&8: step-touches on the diagonals (repeat)**

Simplest option for 5&6&7&8: half time; one forward step R, touch L next to R, then one forward step L, touch R next to L (5, 6, 7, 8)

[17~24]: R KICK, SHORT WEAVE L, L PRESS-RECOVER, L SWEEP BEHIND, STEP R, ANKLE BREAKS, R STEP BACK, L STEP L, PUSH HIPS FORWARD AND BACK

- & R kick out to R diagonal
- 1 R cross step behind L
- & L step to left side
- 2 R step across L and slightly forward
- & L press forward into the floor
- 3 Recover weight back onto R, sweeping L out to left side, then behind R
- 4 L cross step behind R
- & R step to right side
- 5 L tap forward and across R, weight on balls of feet, "breaking" the ankles right
(or bend knees to right), rolling to outside of R foot (letting L follow)

(Hint: most of your weight will be on the R)

- & rock to outside of L foot, "breaking" ankles left (or bend knees left), finishing with weight slightly pressed into L
- 6 push back to weight R
- 7 L touch to left side (leave weight R), pointing foot toward 9:00
- & keep weight R, push hips forward & left toward 10:00
- 8 keep weight R, push hips back right

[25~32]: HIP PUSH FORWARD, SIT BACK, STEP ¼ L, ½ PIVOT L, ¼ SAILOR L WITH OVER-ROTATION, ¾ WALK-AROUND R, STEP L

- & keep weight mostly R, push hips forward & left toward 10:00
- 1 roll hips back into a sit (weight R), L knee bent, rise in the L heel

(Hint: use the count ' & ah 1 ' to accomplish a roll into the sit)

- 2 Step L ¼ left (previously it was not weighted) (9:00)
- 3 ½ pivot turn over Left shoulder, stepping slightly back to weight R (9:00)
- 4 L step behind R, turning 1/8 left
- & R step to right side, turning 1/8 left
- 5 L step slightly forward, over-rotate hips so that legs are crossed to angle toward 11:00

(Hint: your right hip would be forward, left pulled back, to accomplish the over-rotation)

- 6 R step ¼ right, forward toward 4:00
- & L step ¼ right, toward 7:00
- 7 R step ¼ right, toward 9:00
- 8 L step forward (9:00)

***Counts 6 – 8 should bring you ¾ around to the right in an open circle, about 3' in diameter on the floor.**

**START AGAIN! (¼ to the left of previous start wall)
And most certainly, DANCE What You Feel!**

***1 simple re-start after 16 counts of the 6th phrase**

This step description is intended to be a guideline. Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel. <http://www.youtube.com/user/DanceWhatYouFeel>
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