

Dirty Pop

COPPER KNOB
STYLEDANCE

拍数: 0 墙数: 4 级数: Advanced
编舞者: Jamie Weeks (USA)
音乐: Pop - *NSYNC



Sequence: AAA, B, AAA, C

PART A

HEEL TOUCHES, STEP OUT, OUT, SHRUG RIGHT SHOULDER, ROLL HIPS & KNEES, TURN ¼, BEND KNEE

- 1& Touch right heel forward, step right foot beside left
- 2& Touch left heel forward, step left foot beside right
- 3& Touch right heel forward, step right foot beside left
- 4& Touch left heel forward, step left out to left side
- 5 Step right foot out to right side (feet should be shoulder width apart)
- 6 Shrug right shoulder up and to the right
- 7&8 Roll hips and knees left, turn ¼ left leaving right foot in place, bend left knee out (left knee is bent out to 9:00)

STEP, PIVOT ½, TURN ¾ LEFT, CROSS, STEP RIGHT, TURN ¼, BEND KNEE

- 1-2 Step forward on left foot, step forward on right foot, turn ½ to left (weight remains on right foot)
- 3-4 Turn ¾ to left with weight on right foot, swinging left leg around then crossing in front of right (ending up in 5th position)
- 5& Step right foot out to right side, cross left in front
- 6& Step right foot out to right side, cross left in front
- 7& Step right foot out to right side, cross left in front
- 8& Step right foot out to right side, turn ¼ left, leaving right foot in place, bend left knee out (left knee is bent out to 3:00)

ROLLING FULL TURN, SHUFFLE STEP, HIP-HOP RUNNING MAN, STEP, TURN ¼, BEND KNEE

- 1-2 (Rolling full turn): step forward on left foot, step forward on right foot
- 3&4 Shuffle forward left-right-left
- 5&6& Hitch right knee, step on right foot, slide left foot back, hitch left knee, step on left foot, slide right foot back, step right foot out to right side

Hands: when left foot is sliding back, make a fist with both hands, bend at the elbow, and take them up and over to the right, and when right foot is sliding back, make a fist, bend at the elbow, and take them up and over to the left

- 7 Turn head to the right (hands: take hands and make a frame around face, placing the right hand beside right side of face, and placing the left hand beside the left side of face)
- 8 Turn head to the left, turn ¼, leaving right foot in place, bend left knee out (left knee will be bent out to 12:00, hands will be the same as above)

ROLLING FULL TURN, SHUFFLE STEP, HIP BUMPS, DIP HIPS DOWN-UP, TURN ¼

- 1-2 (Rolling full turn): step forward on left, step forward on right
- 3&4 Shuffle forward left-right-left
- 5&6 Bump hips right-left-right (hand: move right hand right-left-right, your right hand will be down by your waist)
- 7 Dip hips down, then up to left
- 8& Dip hips down, then up to left, turn ¼ left, with right foot still in place, bend left knee out (left knee is bent out to 9:00), step forward on left foot

PART B

Bring left hand up under chin, with the palm facing up, and tilt head back

WALK, WALK, PIVOT ½, KICK, KICK, ROLL HIPS

- 1-2 Step forward on right foot, step forward on left foot
- 3-4 Step forward on right foot, pivot ½ to left
- 5& Kick right foot forward, step right foot beside left
- 6& Kick left foot forward, step left foot beside right
- 7-8 Roll hips left

KICK BALL-CHANGE, PIVOT ½, KICK, TOUCH, BODY ROLL

- 1&2 Kick right foot forward, rock back on right foot, step on left foot
- 3-4 Step forward on right foot, pivot ½ to left
- 5&6 Kick right foot forward, step right foot beside left, touch left foot back
- 7-8 Body roll back, with weight coming off right foot and on to left

PART C

¾ TURN LEFT, STEP, DRAG, HOLD, HOLD, WIGGLE

- 1-2 Cross right foot over left, turn ¼ to left (you will end up facing 9:00)
- 3-4 Step back on left foot, drag right foot back beside left
- 5-6 Hold
- 7-8 Wiggle body

Option for the end of the dance

After count 17-18 (rolling full turn) instead of shuffling forward, weight will be on left foot after turn just keep the weight on the left foot and turn a ¼ left, (you will be facing 12:00) while turning a ¼ left take your right hand with palm facing up, bring it up under your chin, tilt head back and hold until the song ends.
