

Deshney

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Advanced
编舞者: Raymond Sarlemijn (NL)
音乐: 2000 Watts - Michael Jackson



In Memorial To My Best Friend

STEP OUT, KICK, KICK AND POSE

1 Rock right to side
Bend your knees inward and bend your left arm in front of your shoulder and your right arm is straight to the right side
& Hold
Bend your knee to the outside bend your right arm in front of your shoulder and stretch your left arm to the side and keep it straight.
2 Hold
Bend your knee to the inside bend your left arm in front of your shoulder and your right arm is straight to the right side
3 Hold
Bend your knee to the outside bring your left hand to your hip and your right hand next to your head & right hand to your hip and your left hand next to your head
&4 Recover to left, stomp/touch right together
Bring your left hand to your hip and your right hand next to your head
5 Kick right forward
Hold your arms next to your body
&6 Step right together, kick left forward
7&8 Rock right forward, recover to left, turn ¼ right and step right together
Hold your both arms above your head and stretch it

STAND, BOUNCE, HOPPING AROUND

1 Step out on both
While doing this, bend your knees to the outside. Bounce your both shoulders to the inside
& Hold
Bend your knees to the inside bounce your shoulder to the back
2 Hold
Bend knees straight bounce your shoulders natural
3 Step out on left
Bring your left shoulder to the front & bring your right shoulder to the back
4 Hold
Bounce your left shoulder in the front
5 Slide right next to left
Bend your right arm in front of your body and stretch your left arm to the side
& Hop ¼ to the left
Hold your arm like no. 5
6 Hop ¼ to the left
Hold your arm like no. 5
& Hop ¼ to the left
Hold your arm like no. 5
7 Hop ¼ to the right
Bend your left arm in front of your body and stretch your right arm to the side
& Hop ¼ to the right
Hold your arms like no. 7
8 Hop ¼ to the right
Put your both arms next to your body

KICK BALL CHANGE, ¼ TURN, BOUNCE, ROBOT MOVE

1&2 Kick right forward, step right together, step left forward

Bring your right fist in front of your stomach and hold your left arm next to your hip

3 Turn ¼ to the right

Bring your right arm next to your face, hold your hand open & look to the left, while doing this pretend that your pushing your face to the left

& Hold

Bend, turn your knees to the inside

4 Turn to front

5 Step out on right

Pop chest in

& rock to left

6 recover to right

Pop chest out

7 Hold

Bend through your right knee and lean your back to the side bring your right arm in front of your body and left arm backwards

8 Weight to left

Chest forward. Arm movements follow your body

SLIDE TOGETHER, ROBOT MOVE, STEP OUT, STEP ¼ AND BOUNCE AROUND

1 Slide right next to left

Bring your left arm in front and your right arm to the back

2 Step out on your right

Hold your body backwards hold your arms like no. 1

3 Turn ¼ left

Keep your hands in front

4 Hold

Bend through your right knee and your body hanging to the side bring your right arm in front of your body and left arm backwards

5 Hold

Body roll to the left and make it bouncing and finish the body roll until count 8

6 Hold

7 Hold

& Stand on both legs

Put your right shoulder up

8 Stomp left next to right

Bring your left shoulder up & bring your right shoulder down

REPEAT

TAG

After 2 times you get a small break of 4 counts do whatever you want, but make it funky (free expression)

TAG

After the 4th time you get a break of 32 counts make robot moves

1 Step out on your right

2 Hold

3 Step out on your left

4 Hold

5 Step out on your right

6 ¼ turn to the left

7 Bend through your right knee and lean your body to the right

8 Slide your right next to your left

This you do 4 times

