

Dance All Night

COPPER **NOB**
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Roy Hadisubroto (IRE)
音乐: All Nite (Don't Stop) - Janet Jackson



AND STEP, STEP, RONDE, TWIST, POP KNEE, TWIST, POP KNEE

- & Step left next to right (facing 12:00)
- 1 Step right forward (12:00)
- 2 Step left forward (12:00)
- 3-4 Ronde right from back to front
- & Twist both heels to the right
- 5 Twist both heels back to center
- & Bend right knee forward, weight is transferring forward (optional: right shoulder pushing forward)
- 6 Put right heel down (optional: right shoulder down)
- & Twist both heels to the right (stand on ball of the feet)
- 7 Twist both heels back to center
- & Bend right knee forward, weight is transferring forward (optional: right shoulder pushing forward)
- 8 Put right heel down (optional: right shoulder down)

TOUCH, ½ TURN, ¼ TURN, WIDE STEP, TRIPLE, WIDE STEP ¼ TURN, TRIPLE, ¼ TURN, WIDE STEP, TRIPLE

- 1 Touch right backwards (6:00)
- 2 Turn ½ to the right (facing 6:00) on both feet while putting weight on right
- 3 Turn ¼ further to the right and step left widely to left side (facing 9:00)
- 4 Step right next to left
- & Step left next to right
- 5 Step right widely diagonally forward to right side and turn ¼ to the left (facing 6:00)
- 6 Step left next to right
- & Step right next to left
- 7 Turn ¼ to the left and step left widely diagonally forward (facing 3:00)
- 8 Step right next to left
- & Step left next to right

Optional: shake shoulders up and down with the triple step

STEP, STEP, TAP, STEP, STEP, STEP, TAP, STEP

- 1 Step right forward (3:00)
- 2 Step left forward (3:00)
- 3 Tap right forward (3:00)
- & Raise right knee
- 4 Step right forward (3:00)
- 5 Step left forward (3:00)
- 6 Step right forward (3:00)
- 7 Tap left forward (3:00)
- & Raise left knee
- 8 Step left forward (3:00)

Arm movements: straight your arms down next to your body. Hands are flexed and shake as if you are washing the floor

Optional: every time, when you step forward, raise your knee and contract your body so you bend forward a little bit

ROCK STEP, ROCK STEP, STEP, KNEE ROLLS WITH ½ TURN

- 1 Rock right forward and twist body to the left (right shoulder to the front) (facing 12:00)
- 2 Step right next to left and body is facing forward (facing 3:00)
- 3 Rock left forward and twist body to the right (left shoulder to the front) (facing 6:00)
- 4 Step left next to right and body is facing forward (facing 3:00)
- 5 Step right forward (3:00) put weight on right
- 6 Roll left knee out to the left as you start with the ½ turn to the left (facing 3:00)
- 7 Roll left knee out to the left (you are now ¼ turned to the left) (facing 12:00)
- 8 Roll left knee out to the left and finish the ½ turn. (facing 9:00)

REPEAT
