

# The Charlie Horse

**COPPER** **KNOB**  
BY STEPHENETS

拍数: 40                      墙数: 4                      级数:  
编舞者: Holly Susan (Boots) Groeschel (USA) & David Groeschel (USA)  
音乐: I Still Wanna Jump Your Bones - Archer Park



## TOE POINTS

- 1-2                      Fan both toes inward
- 3-4                      Fan both toes outward (up on heels)
- 5-6                      Point right toe in toward left
- 7-8                      Point left toe in toward right

## DWIGHT SWIVELS

- 1                      Point right toe over in front of left foot
- 2                      Point right toe to the right side
- 3                      Repeat 1
- 4                      Repeat 2 (put weight on right foot)
- 5                      Point left toe over in front of right foot
- 6                      Point left toe to the left side
- 7                      Repeat 5
- 8                      Repeat 6 (put weight on left foot)

**VARIATION: Swivel heels Right, then toes Right, heels, toes. Repeat back left (4 counts)**

## KNEE UPS

- 1                      Step forward on right foot
- 2                      Bring left knee up
- 3                      Step back on left foot
- 4                      Step back on right foot
- 5                      Step forward on left foot
- 6                      Bring right knee up
- 7                      Step back on right foot
- 8                      Step back on left foot

## HIP BUMPS

- 1-2                      Bump hips to the right 2 times
- 3-4                      Bump hips to the left 2 times
- 5-6                      Roll hips in a circle (2 counts)
- 7-8                      Roll hips in a circle (2 counts)

**VARIATION: Roll Right leg outward (2 counts), Roll Left leg outward (2 counts), Roll Right leg outward (1 count), Roll Left leg outward (1 count), then with both feet hop forward 4 times quickly (2 counts)**

## KICK & "CHARLIE HORSE"

- 1                      Kick right foot forward (low)
- 2                      Cross right over left foot (foot to now "locked" next to left, weight is on right)
- 3                      Rock both feet weight shifts to left (feet locked)
- 4                      Rock both feet weight shifts to right foot (feet locked)
- 5                      Tap left heel to the left side
- 6                      Kick right foot upward as you ¼ turn right
- 7                      Stop forward on left foot (facing new wall)
- 8                      Stomp right next to left

**REPEAT**

