

Breakin & Shakin

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Levi J. Hubbard (USA)
音乐: Break Me Shake Me - Enrique Iglesias



KICK ACROSS TRIPLE STEPS, KICK ACROSS TRIPLE STEPS

- 1 Kick right diagonally across left leg
- 2 Kick right diagonally across left leg
- 3 Step right together
- & Step left in place
- 4 Step right in place
- 5 Kick left diagonally across right leg
- 6 Kick left diagonally across right leg
- 7 Step left together
- & Step right in place
- 8 Step left in place

CROSS STEP, SIDE POINT, BEHIND & CROSS, SIDE ROCK WITH HIP BUMPS, RECOVER, BEHIND & CROSS

- 9 Cross step right in front of left
- 10 Touch left toe out to side
- 11 Cross step left behind of right
- & Step right slightly to side
- 12 Cross step left in front of right
- 13 Step right slightly out to side while bumping right hip to side
- & Bump right hip to side again
- 14 Bump hip to right
- & Shift weight back to left foot
- 15 Cross step right behind left
- & Step left slightly to side
- 16 Cross step right in front of left

BALL STEP, ¼ PIVOT (RIGHT), SHUFFLE FORWARD, STEP TOUCH

- 17 Step left to side (mainly on ball of foot)
- 18 Pivot ¼ turn right on (balls of) both feet, dipping body down with turn and popping right knee forward
- 19&20 Triple step forward stepping (left-right-left)
- 21 Step right forward
- 22 Touch left together popping knee forward with clap or snap
- 23 Turning ½ turn left, step left forward
- 24 Touch together popping knee forward while clap or snap right

HOP FORWARD, CLAP, HOP BACKWARD, CLAP, SYNCOPATED HOPS FORWARD AND BACKWARD

- &25 Hop forward right then left
- 26 Hold while clapping hands or snapping
- &27 Hop backward left then right
- 28 Hold while clapping hands or snapping
- &29 Hop forward right then left
- &30 Hop backward left then right
- &31 Hop forward right then left
- &32 Hop backward left then right (weight ends on left)

Styling: on the syncopated hops put both arms in front of you palms down like you holding on to a rope or something and slightly bending your knees while hopping

REPEAT
