

Bron's September

COPPER KNOB
BY STEPHEN B. BROWN

拍数: 0 墙数: 1 级数: Intermediate/Advanced
编舞者: Bronya Bishorek (MY)
音乐: September - Earth, Wind & Fire



Sequence: ABCD, ABCC, AC (1/4 left), C (1/4 left), C (1/4 left)

SECTION A

WALKS, DIP, ZIG ZAG BACK WITH BALL CHANGE

- 1-4 Walk forward, right left right, step left over right with a slight dip of the knees
- 5&6 Step right diagonal back, ball change left behind right, finish with weight on right
- 7&8 Step left diagonal back, ball change right behind left, finish with weight on left

BACK UP DANCER STEP, TOUCH BACK & TOUCH FRONT

- 1-2 Step right to right, cross left behind right touching toe to floor, swinging arms to side
- 3-4 Step left to left, cross right behind left touching toe to floor, swinging arms to side
- 5-6 Step right to right, reach left toe forward, pulling both arms back
- 7-8 Step left to left, reach right toe forward, pulling both arms back

THE COOL STEP (HIP BUMPS)

- 1-2 Step right to right and transfer all weight to right, point left toe to floor with knee bent at an angle and bump hips right twice while sweeping right arm to the right at waist level
- 3-4 Transfer all weight to left, point right toe to floor with knee bent at an angle and bump hips left twice while sweeping left arm to the left at waist level
- 5-8 Repeat 1-4

THE 70'S MOVE (HIP BUMPS & ARM MOVES)

- 1-2 Step right to right and transfer all weight to right, point left toe to floor with knee bent at an angle, throw right arm up at a diagonal angle to your side, hold
- 3 Transfer all weight to left, point right toe to floor with knee bent at an angle, throw left arm diagonally down to your side
- 4 Shift weight to the right with left toe pointing to the floor with bent knee, bring right hand across the body to touch left shoulder
- 5 Hold position and touch right shoulder with right hand
- 6 Hold position, thrust hips forward and draw a circle to the right around your head with right arm
- 7&8 Hip bump to the right twice while sweeping right arm to right side at shoulder level

SECTION B

GRAPEVINE & TOE, HEEL SWIVELS

- 1-3 Step left to left, step right behind left, step left to left
- &4 Touch right toe to floor, turning right knee in towards left leg, touch right heel to floor turning knee to right side
- 5-7 Step right to right, step left behind right, step right to right
- &8 Touch left toe to floor, turning left knee in towards right leg, touch left heel to floor turning knee to left side

BALL CHANGE, STEP, SIDE SLIDE

- &1-2 Step left ball behind right, step right forward, hold
- 3-4 Turn ¼ right, push left and slide, ending with weight on left
- &5-6 Turn ¼ left, step right ball behind left, step left forward, hold
- 7-8 Turn ¼ left, push right and slide, ending with weight on right

ROCK STEP, LOCK STEP ½ TURN, ROCK STEP, LOCK STEP ¼ TURN

- 1-2 Rock left forward, recover on right
- &3-4 Place ball of left behind right, ½ turn right and step forward on right, hold
- 5-6 Rock left forward, recover on right
- &7-8 Place ball of left behind right, ¼ turn left and step forward on right, hold

ELVIS SHOULDERS

- 1-4 Step left to left on ball with knee turned in and body leaning to left at angle pull the shoulders back alternately, right left right left
- 5-8 Turn right toe in on ball with knee turned in and body leaning to right angle pull the shoulders back alternately, left right left right, finish with weight on right

SECTION C

SAILOR STEPS FACING 11:00 AND 1:00

- 1&2 Step left behind right, step right next to left, step left forward in a diagonal angle
- 3&4 Step right behind left, step left next to right, step right forward in a diagonal angle
- 5-8 Repeat 1-4

Do the sailor steps moving back slightly each time

KICK BALL CHANGE, FULL TURN, SIDE STEP, ½ TURN, STEP FORWARD, ½ TURN

- 1&2 Kick left forward in the diagonal angle you finished in, step ball of left behind right, step right in place
- 3-4 Wind ball of left behind right, unwind in a full turn
- 5 Step right to right on ball, bending knee to absorb weight
- 6 Push from right foot and ½ turn right, finish with weight on right
- 7 Step left foot forward with a small step
- 8 ½ turn right and step forward on right

BALL CHANGE, STEP, TOUCH, TOUCH

- &1-2 Place ball of left behind right, step right forward, step left forward
- 3-4 Touch right toe forward then back
- &5-6 Place ball of right behind left, step left forward, step right forward
- 7-8 Touch left toe forward then back

STEP, ½ TURN, STEP, SIDE, STEP, SIDE, STEP, ½ TURN

- 1-2 Step left forward, ½ turn right and step forward on right
- 3-6 Step forward on left, touch right to right with hip bump, step forward on right, touch left to left with hip bump
- 7-8 Step left forward, ½ turn right pulling both feet together, weight on right

SECTION D

SLOW WALKS, ROCK STEP, COASTER STEP

- 1-2 Step left forward with a sexy swing in hips, hold
- 3-4 Step right forward, hold
- 5-6 Rock forward on left, recover on right
- 7&8 Step back on left, step right next to left, step forward on left

SLOW WALKS, ROCK STEP, COASTER STEP

- 1-2 Step right forward with a sexy swing in hips, hold
- 3-4 Step left forward, hold
- 5-6 Rock forward on right, recover on left
- 7&8 Step back on right, step left next to right, step forward on right

SLOW WALKS SIDE, ROCK STEP SIDE, WEAVE

- 1-2 Step left to left, hold

- 3-4 Step right over left, hold
- 5-6 Rock left to left, recover on right
- 7&8 Step left behind right, step right next to left, step left over right

ELVIS KNEES

- 1-4 Step right to right on ball of foot with right knee turned in, swivel knee out, in, out
 - 5-8 Lift heel off floor, placing right heel down and turned left knee in, swivel knee out, in, out
-