

# Black Kryptonite

COPPER KNOB  
STEPSHEETS

拍数: 0      墙数: 2      级数: Intermediate  
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音乐: Black Suits Comin' (Nod Ya Head) - Will Smith & TRÂ-Knox



Sequence: A-BB-C-BB-C-BB-C-A

## PART A

1&      Shrug right shoulder up & left shoulder down, shrug left shoulder up & right shoulder down  
2&      Shrug both shoulders back, shrug both shoulders forward  
3&4      Step right foot forward, bending knee in and out  
5&      Shrug right shoulder up & left shoulder down, shrug left shoulder up & right shoulder down  
6&      Shrug both shoulders back, shrug both shoulders forward  
7&8      Step left foot forward, bending knee in and out  
1-8      Step forward right, left, right, do a ½ turn to left, repeat this pattern again  
1-3      Step right, left behind, right  
&4      Kick left foot out touching left heel, cross right over left  
5-7      Step left, right behind, left  
&8      Kick right foot out touching right heel, cross left over right

1-2      Step side right, recover  
3&4      Step right behind left, step side left, cross/step right in front of left  
5-6      Step side left, recover  
7&8      Step left behind right, step side right, cross/step left in front of right

## PART B

1&2-3&4      Do a right kick ball change, twice  
5&6      Rock forward on your right, rock back on your left  
7&8      Shuffle right, left, right while doing a ½ turn to your right

1-2      Step side left, recover  
3&4      Step left behind right, step side right, cross/step left in front of right  
5-6      Step side right, recover  
7&8      Step right behind left, step side left, cross/step right in front of left

1-2      Do a ½ turn to the left, clap  
3&4      Hip roll to the left  
5&6&&      Kick right foot forward, recover, kick left foot forward, recover  
7&8&&      Kick right foot out to right side, recover, kick left foot out to left side, recover

1-4      Kick right foot out to right side, hook right behind left, do a ½ turn to right, clap  
5-8      Stomp right, hold, stomp left, hold

## PART C

1-4      Step side right while bending right knee, shimming hips and nodding your head  
5&6-7&8      Do a left sailor shuffle, do a right sailor shuffle  
1-4      Step side left while bending left knee, shimming hips and nodding your head  
5&6-7&8      Do a right sailor shuffle, do a left sailor shuffle

1-2      Bend right knee in, turn right knee with ¼ turn to right  
3&4      Shuffle forward right, left, right

5&6 Cross rock left over right, recover on right, step left to left side  
7&8 Cross rock right over left, recover on left, step right to right side

1-4 Do a  $\frac{1}{4}$  left leg fire hydrant turn with attitude to the right, touch left toe on count 4  
&5&6 Jump apart - left, right, jump back together - crossing right over left  
7-8 Do a  $\frac{1}{2}$  turn to the left, clap

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