

Bend Of The Millennium

COPPER KNOB
BY STEPHEN METZ

拍数: 60 墙数: 1 级数: Intermediate
编舞者: Rey Kleinsasser (USA)
音乐: Bend Me, Shape Me - The American Breed



HIPS RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, PIVOT ½ LEFT, HIPS RIGHT-LEFT-RIGHT

1&2 Right step diagonal forward-right and bump hips right, left, right
3&4 Left step diagonal forward-left and bump hips left, right, left
5-6-7&8 Right step forward, ½ pivot left, repeat 1&2.(now facing 6:00 wall)

STOMP, HOLD, STOMP, HOLD, HEEL-&-HEEL-&-HEEL, CLAP

1-2 Left step diagonal forward-left(a light stomp) and angle body left (not a turn), hold
3-4 Right step diagonal forward-right(a light stomp) and angle body right (not a turn), hold
5&6& Left heel touch forward, left step together, right heel touch forward, right step together
7-8 Left heel touch forward, clap

On the first and third times through the dance(the stanzas) you may double-clap on &2, &4, and &8 in place of the holds on 2 and 4 and the single clap on 8 to better flow with the music. On the second and fourth times through, the holds on 2 and 4 can be wild cards(be creative-body roll, heel pump, etc.)

HIPS, PIVOT ½ RIGHT, HIPS, (STOMP, HOLD) TWICE, HEEL SWITCHES, CLAP

1-16 Repeat the first 16 count above in mirror image (all steps on opposite side, starting left) (now at 12:00)

VINE RIGHT, ½ TURN RIGHT, STOMP

1-3 Right step out to side, left step across in back, right step into ¼ right turn
4 Left stomp into ¼ right turn and snap fingers downward. (now at 6:00)

SIDE, CLAP-&-SIDE, CLAP-&-(POINTS)RIGHT-&-LEFT-&-RIGHT-&-LEFT-&

1-2&3-4& Right step out to side, hold and clap, left step together, repeat
5&6&7&8& Right touch out to side, right step together, left touch out to side, left step together, repeat

RIGHT HEEL PUMP X4, RIGHT MONTEREY ½ TURN

1&2&3&4& Right heel touch together, right heel lift, repeat 3x
5-6 Right touch out to side(some weight so you can push), ½ right turn on ball of left and step right beside left
7-8 Left touch out to side, left step together

RIGHT HIPS X4, HEEL-&-CROSS-&-HEEL, KICK

1& Right step together and bump hips right, return hips to center
2&3&4 Repeat hip bumps (1&) 2x, bump hips right
5&6&7 Left heel touch across in front, left step together, right step across in front, left step out to side, right heel touch across in front
8 Right kick diagonal forward-right and snap fingers head high

REPEAT