

AM 2 PM

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 0
编舞者: Chris Godden (UK)
音乐: AM to PM - Christina Milian

级数: Phrased high Intermediate



Sequence: AAB, AB, AB, AAC, AB, AAB

PART A

STOMP, CLICK, BEHIND SIDE CROSS, LEFT RIGHT CLICK, SAILOR ¼ TURN LEFT

- 1-2 Stomp left to left, click right fingers to right
- 3&4 Cross right behind left, step left to left side, cross right over left
- &5-6 Stomp left to left side, stomp right to right side, click right fingers to right
- 7&8 Cross left behind right, step back on right with ¼ turn left, step forward on left

STEP FORWARD, ¼ TURN LEFT, KNEE POPS, JAZZ BOX CROSS, KNEE SWIVELS WITH ¼ TURN LEFT

- &1&2 Step forward right, ¼ turn left, raise both heels and pop knees forward, lower both heels
- 3&4 Cross right over left, step back on left, step right to right side
- &5-6 Cross left over right, step ball of right to right side with right knee turned in to left, twist right knee to right
- 7&8 Twist right knee left, twist right knee right, twist right knee left with ¼ turn left

COASTER STEP, WALK FORWARD, KICK ½ PIVOT TURN, BODY ROLL

- 1&2 Step back left, step right beside left, step forward left
- 3-4 Step forward right, step forward left
- 5&6 Kick right forward, pivot ½ turn left on ball of right while flicking right back, touch right back leaving weight on left
- 7-8 Body roll back and down onto right over 2 counts

STEP OUT LEFT RIGHT, CROSS ARMS, HITCH SIDE RIGHT, WALK FORWARD, CROSS TURN LEFT

- &1-2 Step forward and out with left, step right to right side (weight centered), cross fists in front of chest
- 3&4 Hitch right knee taking right arm to right side, step right to right side, step left next to right taking left arm down and right fist to left shoulder
- 5-6 Step forward right (lower right fist), step forward left
- &7-8 Step forward right, cross left behind right, unwind ½ turn left (weight centered)

PART B

RIGHT SHUFFLE, STEP PIVOT ½ RIGHT, RIGHT SHUFFLE BACK, TOUCH BACK ½ PIVOT LEFT

- 1&2 Step right, close left beside right, step forward right
- 3-4 Step forward left, pivot ½ turn right leaving weight on left
- 5&6 Step back right, close left beside right, step back right
- 7-8 Touch left back, pivot ½ turn left taking weight

SLIDE TO RIGHT, SLIDE TO LEFT, WALK BACK, ¼ TURN RIGHT

- 1-2 Big step to right side, slide left to right
- 3-4 Big step to left side, slide right to left
- 5-6 Step back right, step back left
- 7& Touch right back, ¼ turn right taking weight on right
- 8 Touch left beside right

PART C

SLIDE TO LEFT, SLIDE TO RIGHT

- 1-2 Big step to left side, slide right to left

