

Instigator!

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 3 级数: Improver
编舞者: Elke Weinberger (NL) & Illona Klockner - March 2007
音乐: Instigator - Kaci Brown



Note: Start dance after 16 counts of heavy beats (on vocals) at time track 00:15.

SAILOR STEP, ½ LEFT SAILOR TURN, SIDE TOUCH, KNEE POPS, SIDE LUNGE, RECOVER, BEHIND, SIDE

1&2 Step right behind left, step left to left, step right to right
&3&4 Step left behind right, execute ½ turn left and then step right to right, step left to left, touch right toe to right
(for better styling bend left knee so as to lean slightly to left)
5-6 Pop right knee in as you lean slightly towards right, pop right knee out
7& Lunge onto right towards right side, recover weight onto left
8& Cross right behind left, step left to left

SCUFF, HITCH, SIDE TOUCH SWITCHES, HITCH, STOMP, SIDE JAZZ JUMPS, TAP-TAP-PRESS

9&10& Scuff right forward towards left diagonal, swing right around into a hitch with right knee pointing towards right, touch right toe to right, step right beside left
11&12 Touch left toe to left, hitch left with left knee pointing towards left, stomp left beside right.
13&14 With both feet closed together, jazz jump slightly to left thrice
15&16 Tap right toe slightly towards right side, tap right further out to right side, step right furthest out to right side into a press.

PUSHING OFF, ½ RIGHT, SIDE STEP, FULL RIGHT CHUG TURN, BALL-CROSS, ½ LEFT TURN, FORWARD STEP, ¾ LEFT CHUG TURN

17-18 Pushing off from right - leap onto left, execute ½ turn right and then step right to right
&19 Execute ½ turn right and then hitch left across right, touch left toe to left
&20 Execute ½ turn right and then hitch left across right, touch left toe to left
&21-22 Step left beside right, cross right over left, execute ½ turn left and then step left forward
&23 Execute ¼ turn left and then hitch right across left, touch toe right to right
&24 Execute ½ turn left and then hitch right across left, step right to right

FORWARD KICK, STEP, BACK KICK, FORWARD KICK, BACK, ?SIT?, FORWARD AND UP HIP THRUSTS, BACK AND DOWN HIP THRUSTS

25& Kick left forward, step left back
26& Kick right back, high hitch right forward
27&28 Kick right forward, step right back, ?sit? on right with left toes pointed in front of right
& Swing right arm around in a clockwise circular motion and then slap it onto the right buttock.
Look over right shoulder for better styling.
29&30 Remain in the sitting position above, thrust hips forward and up, back and down, forward and up (weight ends on left)
31&32 Still remaining in the sitting position above, thrust hips back and down, forward and up, back and down (weight ends on right)

¼ RIGHT TURNING COASTER, LOCK STEP, FORWARD, KICK, JAZZ BOX, ¾ RIGHT UNWIND TURN, FORWARD LOCK STEPS

33&34 Step left back, execute ¼ right and then step right beside left, step left forward
&35& Lock step right behind left, step left forward, kick right forward
36&37 Cross right over left, step left back, step right to right,
38& Cross left over right, unwind ¾ turn right (weight ends on right)
39&40 Step left forward, lock right behind left, step left forward

FORWARD, ¾ LEFT UNWIND TURN, JUMP BACK (FEET CLOSE), JUMP BACK (FEET APART), JUMP BACK (FEET CLOSE), TOE-HEEL-TOE-SLAPS

- &41-42 Step right forward, cross left behind right, unwind $\frac{3}{4}$ turn left (centered weight)
 43&44 Jump back with both feet closed together, jump back now with both feet shoulder width apart, jump back with both feet closed together
 45& Tap right toe beside left instep, tap right heel forward
 46& Tap right toe slightly forward, lifting right toe off the floor ? slap right foot down taking weight
 47& Tap left toe beside right instep, tap left heel forward
 48& Tap left toe slightly forward, lifting left toe off the floor ? slap left foot down taking weight

VAUDELVILLE, CHARLESTON SWINGS, CROSS, SIDE TOUCH, SIDE KICK, $\frac{1}{4}$ RIGHT SWITCH FLICK

- 49& Cross right over left, step left to left
 50& Touch right heel forward, step right beside left
 51&52 Swing left around and then touch it forward, swing left around from front to back and then touch it behind, swing left around from back to front and then step forward onto it
 53&54 Swing right around and then touch it forward, swing right around from front to back and then touch it behind, swing right around from back to front and then step forward onto it
 55&56 Cross left over right, touch right toe right, kick right to right
 & Execute $\frac{1}{4}$ right and then step right beside left as you flick left back

FULL RIGHT PIVOT TURN, BACK LOCK STEPS, TAP-TAP-KICK STEP, $\frac{1}{2}$ LEFT TURN, TAP-TAP-KICK STEP

- 57-58 Step left forward, pivot full turn right (weight ends on right)
 59&60 Step left back, lock step right over left, step left back
 61& Tap right toe beside left twice
 62& Kick right forward, step right beside left
 63& Execute $\frac{1}{2}$ turn left and then tap left toe beside right twice
 64& Kick left forward, step left beside right

REPEAT

16-COUNTS TAG: At the END of the 1st and 3rd rotation, you will be facing 9 O? Clock wall. Dance the following 16 counts TAG and then begin dance (i.e. 2nd and 4th rotation respectively) from count 1 facing 3 O? Clock wall.

ANCHOR ROCKS, BALL-CROSS, $\frac{1}{2}$ RIGHT MONTEREY TURN, SIDE TOUCH, BALL CROSS

- 1&2 Rock right behind left, rock forward onto left, rock right behind left again
 &3&4 Place left behind right (no weight), rock left behind right, rock forward onto right, rock left behind right again
 &5 Step right beside left, cross left over right
 6& Touch right toe to right, execute $\frac{1}{2}$ turn right and then step right beside left
 7&8 Touch left toe to left, step left beside right, cross right over left

TRAVELLING LEFT TOE-HEEL SWIVELS, FORWARD, HEEL SWIVELS, SIDE STEP-TOUCHES, FORWARD AND BACK STEP-TOUCHES

- 9&10& Step left to left as you swivel both heels left, swivel both toes left, swivel both heels left, swivel both toes left
 11&12 Step left forward, swivel both heels left, recover both heels to centre
 13& Step right to right, touch left toe beside right
 14& Step left to left, touch right toe beside left
 15& Step right forward, touch left toe beside right
 16& Step left back, touch right toe beside left
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