

You Make Me Feel Like Dancin'!!

COPPER **KNOB**
BY STEPHEN METZ

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Barry Amato (USA) - August 2004
音乐: You Make Me Feel Like Dancin' - Groove Generation



Sequence of
dance - A - B -
A - B - A - B - B
(8 counts) - B -
A - B - A

Part A - 40 counts

**heel, step, heel,
step, heel, step,
heel, step, step,
touch, 1/4 turn,
step**
1&2& Touch R
heel forward (1).
Step on R next
to L (&). Touch
L heel forward
(2). Step on L
next to R (&).
3&4 Touch R
heel forward (3).
Step on R next
to L (&). Touch
L heel forward
(4).
5-8 Step to L on
L foot (5).
Touch R next to
L (6). 1/4 turn L
and step on R
(7). Step on L
next to R (8).

**Arms - Bring arms straight up/over head - shoulder width (1). Bring arms to chest crossing R over L (2). Bring arms straight down and slightly out to the side (3). Bring arms to chest crossing R over L (4). *Relax arms by side for 5-8.*

&1-8 Repeat sequence again.

&1-8 Repeat sequence again.

toe, step, toe, step, step, ½ turn pivot, walk, walk

1-4 Touch R toe forward (1). Step down on R foot (2). Touch L toe forward (3). Step down on L foot (4). 5-8 Step forward on R (5). ½ turn pivot L with L foot taking weight (6). Walk forward on R (6). Walk forward on the L(8).

***Arms - Take arms straight forward (1). Bring arms into your chest (2). Take arms straight out to the side (3). Take arms straight forward (4). Relax arms by your side 5-8.**

**toe, step, toe,
step, step, ½
turn pivot, step,
1/4 turn.**

1-4 Touch R toe
forward (1).

Step down on R
foot (2). Touch
L toe forward
(3). Step down
on L foot (4).

5-8 Step
forward on R
(5). ½ turn pivot
L with L foot
taking weight
(6). Step
forward on R
foot (7). Pivot a
1/4 turn L with L
foot taking
weight (8).

Part B - 40 counts

**step, cross, 1/4
turn, step, ½
turn, step - 1/4
turn, cross, 1/4
turn, step, ½
turn**

&1-2 Step on R
foot in place (&).

Cross L foot
over R,
weighting L (1).

Open a 1/4 R
and step
forward on R
foot (2).

3-4 Step
forward on L
foot (3). ½ turn
pivot R with R
foot taking
weight (4).

&5-6 Open a 1/4 turn L (to face original position) and step on L foot (&). Cross R foot over L, weighting L (5). Open a 1/4 turn L and step forward on L foot (6).
7-8 Step forward on R foot (7). 1/2 turn pivot L with L foot taking weight (8).

kick ball change (with body twist), kick ball change (with body twist), 1/4 turn - hip bump R, L, R, R

1&2 Kick the R foot forward (1). Step on the ball of the R foot (&). Change weight to the L foot as you step slightly forward on L. At the same time twist your upper body a 1/4 turn L (2).

*Your footwork will stay forward but your upper body will be facing L.

3&4 Repeat Kick ball change sequence.

5-8 Open a 1/4 turn L (to face original position). At the same time step on the R foot as you bump your R hip to the R side. Your feet should be shoulder width apart as you shift your weight to the R (5). Bump your L hip to the L side as you shift your weight to the L (6). Bump your R hip to the R side twice shifting weight to the R (7-8).

**step, cross,
kick, cross,
step/drag,
touch, rolling
vine with 1/4
turn, touch**

&1-2 Step down on the L foot in place (&). Cross R foot over L, weighting R (1). Kick the L foot on a diagonal to the L (2).

&3-4 Cross the L foot over the R, weighting L (&). Take a big step R and drag L in toward R (3). Touch L next to R foot (4).

5-8 Begin rolling vine with a 1/4 turn to the L stepping L-R-L (5-6-7). Touch R foot next to L (8).

**twist, twist, step,
hop, 1/4 turn
step, twist, twist,
step, hop -1/4
turn, step**

1-2 Twist, on the balls of both feet, to the R (1). Twist L (2). 3&4 Step on the R foot on a slight diagonal to the R (3). Small hop on the R foot as you open a 1/4 turn L (&). Step forward on L foot (4). 5-8 Repeat sequence again.

diagonal shuffle, diagonal shuffle, step, ½ turn pivot, step, 1/4 turn

1&2 Shuffle forward but on a diagonal to the R stepping R-L-R.

3&4 Shuffle forward but on a diagonal to the L stepping L-R-L.

5-6 Step forward on the R (5). Pivot ½ turn L with L taking weight (6).

7-8 Step forward on the R (7). Pivot 1/4 turn L with L taking weight (8).

Part B - 8 counts

1-4 Step to R on R (1). Touch L next to R (2). Step to L on L (3). Touch R next to L (4). 5-8 Step to R on R (5). Touch L next to R (6). Step to L on L (7). Touch R next to L (8).

Start again!
