

B-B-C (Better Be Careful)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: High Intermediate
编舞者: Malene Jakobsen (DK) - May 2008
音乐: Dangerous (feat. Timbaland & Sebastian) - M. Pokora : (The Single)



Intro: 32 counts from beginning, at heavy beat - app. 16 seconds into track- (120 BPM)

(1-9) Right wizard, left wizard, step turn, ½, back shuffle with jump and hitch

1 Step forward on R on a R diagonal
2& Lock L behind R, step forward on R
3 Step forward on L on a L diagonal
4& Lock R behind L, step forward on L
5-6 Step forward on R, turn ½ L
7 Turn ½ L stepping back on R
8&1 Step back on L, close R beside L, jump back on L hitching R and leaning a little back

(10-17) Step, rock ¼, cross, side rock cross, ¼, ¼

2 Step down on R
3-4 Rock forward on L, recover onto R making ¼ turn R (3.00)
5 Cross L over
6-7 Rock R to R side, recover onto L
8&1 Cross R over L, make ¼ turn R stepping back on L, make ¼ turn R stepping forward on R (9.00)

Note: For styling – make steps 5, 6, 7 look more funky by “funking” the crosses and rolling shoulders

(18-25) Step, hitch, kick ½, step, forward rock, shuffle ½

2 Step forward on L
3 Hitch R
4 On ball of L make ½ turn R kicking R forward (3.00)
5 Step forward on R
6-7 Rock forward on L, recover onto R
8&1 Make ¼ turn L stepping L to L side, close R beside L, make ¼ turn L stepping forward on L (9.00)

(26-33) Pelvic contraction, ball step, ½, side rock ¼ cross, side rock

&2 Bend knees, bottom out (weight on L)
&3 Straighten out, push chest forward (keeping weight on L)
&4-5 Step down on R, step forward on L, turn ½ R (3.00)
6 Turn ¼ R stepping L to L side (6.00)
&7 Step R beside L, cross L over R
8-1 Rock R to R side, recover onto L

(34-41) Step, sailor, sailor ½, step turn, lock step

2&3 Cross R behind L, step L to L side, step R to R side
4&5 Cross L behind R making ¼ turn L, make ¼ turn L stepping R beside L, step L a little forward (12.00)
6-7 Step forward on R, turn ½ L
8&1 Step forward on R, lock L behind R, step forward on R (6.00)

(42-49) Hitch, kick ¼, step, rock step, 1½ turn

2 Hitch L
3 On ball of R make ¼ turn L kicking L forward (3.00)

- 4 Step forward on L
- 5-6 Rock forward on R, recover onto L
- 7 Turn $\frac{1}{2}$ R stepping forward on R (9.00)
- 8&1 Turn $\frac{1}{2}$ R stepping back on L, turn $\frac{1}{2}$ R stepping forward on R, step forward on L

(50-57) Hold, ball, rock step, ball, back rock, step turn, $\frac{1}{4}$

- 2 HOLD
- &3-4 Step R beside L, rock forward on L, recover onto R
- &5-6 Step L beside R, rock back on R, recover onto L
- 7-8-1 Step forward on R, turn $\frac{1}{2}$ L, turn $\frac{1}{4}$ L stepping R to R side (12.00)

(58-64) Drag, ball step, step, $\frac{1}{2}$, step, $\frac{1}{4}$ hipbumps

- 2 Drag L towards R
 - & Step L beside R
 - 3 Step forward on R
 - 4-5-6 Step forward on L, turn $\frac{1}{2}$ R, step forward on L (6.00)
 - 7&8& Make $\frac{1}{4}$ turn L stepping R to R side & bump hips R, L, R, L
-