

Sober BJ

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ross Brown (ENG) - June 2009
音乐: Sober (Bimbo Jones Radio Edit) - P!nk : (CD: Sober Single - 3:04)



Intro: 32 Counts (Approx. 15 Secs)

Please Note:

The use of the letters 'BJ' in the name of this dance is purely intended to be a little bit cheeky yet purely innocent as it stands for Bimbo Jones. It simply refers to the version of the song.

STEP. STEP, LOCK, STEP. STEP. STEP, PIVOT ¼ TURN R, CROSS. BACK STEP ¼ TURN L. SHUFFLE ½ TURN L.

- 1 Step forward with right.
- 2&3 Step forward with left, lock right behind left, step forward with left.
- 4 Step forward with right.
- 5&6 Step forward with left, pivot a ¼ turn right, cross step left over right.
- 7 Make a ¼ turn left stepping back with right.
- 8&1 Shuffle a ½ turn left stepping; left, right, left.

(6 o'clock)

BACK STEP ½ TURN L. COASTER STEP. STEP, TOUCH TOGETHER. HEEL JACK. TOGETHER, STEP.

- 2 Make a ½ turn left stepping back with right.
- 3&4 Step back with left, step right next to left, step forward with left.
- 5-6 Step forward with right, touch left next to right.
- &7 Step back with left, tap right heel forward.
- &8 Step right next to left, step forward with left.

Restart On Wall 9, restart the dance at this point facing 12 o'clock
(12 o'clock)

WALK, WALK. BACK ROCK ¼ TURN L, RECOVER. STEP. CURVED SHUFFLE ½ TURN L. STEP. STEP, PIVOT ¼ TURN R.

- 1-2 Walk forward; right, left.
- &3 Make a ¼ turn left rocking back onto right, recover onto left.
- 4 Step forward with right.
- 5&6 Make a ¼ turn left stepping forward with left, close right up to left, make a ¼ turn left stepping forward with left.
- 7-8& Step forward with right, step forward with left, pivot a ¼ turn right.

(6 o'clock)

CROSS, BACK. COASTER STEP. WALK, WALK. HEEL SWIVELS. SPIRAL ¾ TURN R.

- 1-2 Cross step left over right, step back with right.
- 3&4 Step back with left, step right next to left, step forward with left.
- 5-6 Walk forward; right, left.
- 7& Twist both heels to the left, twist both heel back to center.
- 8 Make a ¾ turn right hooking right foot across left shin.

(3 o'clock)

End of Dance. Start again and Enjoy!

Alternative Track: Destination Calabria (Radio Edit) by Alex Gaudino feat. Crystal Waters [Length 3:03]
When dancing to this piece of music, you need to negate the Restart and add a simple Tag at the end of Wall 3.

This Tag is just the Last Four Counts of the Dance and will make you face 6 o'clock after you've done them.

Also, you will find during Wall 7, the beat will become hard to follow.
Just try your best to carry on and you should catch the beat again on Wall 8 at the start of Section 3.
