

Stoked

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 3 级数: Phrased Intermediate
编舞者: Joey Warren (USA) - May 2010
音乐: Alright (feat. Machel Montano) - Pitbull



PART A (32 counts)

R-Rock-Recover, Behind Side Cross, L-Rock-Recover, Behind Side Cross

1 – 2 Rock R out to R, Recover on to L (Sway R hip to R on Rock)
3-&-4 Step R behind L, Step L out to L, Cross R over L
5 – 6 Rock L out to L, Recover on to R (Sway L hip to L on Rock)
7-&-8 Step L behind R, Step R out to R, Cross L over R

¼ R Forward, L Lock Step, Step-Lock-Step, Rock ½ Turn L, Full Turn

1 – 2 ¼ Turn R stepping R forward, Lock L foot behind R
3-&-4 Step R forward, Lock L Behind R, Step R forward
5-&-6 Rock forward on L, Recover back on R, ½ Turn L stepping L forward
7 – 8 ½ Turn L stepping R back, ½ Turn L stepping L forward

Forward Steps w/ Shoulder Sways, Cross-Rock-Recover ¼ Turn, ½ Turn R

1 – 2 Step R out/forward (sway R shoulder R), Step L out/forward (sway L shoulder L)
3 – 4 Step R out/forward (sway R shoulder R), Step L out/forward (sway L shoulder L)
5-&-6 Cross rock R over L, Recover back on L, ¼ Turn R stepping R forward
7 – 8 ¼ Turn R touching L toe out to L, ¼ Turn R stepping L forward

Scot Step R-L, Double Step on R, Scot Step L-R, Double Step on L

1 – 2 Small scoot/hop on L toward R diagonal, Small scoot/hop on R towards L diagonal
3-&-4 Small scoot/hop on L towards R diagonal x2
5 – 6 Small scoot/hop on R toward L diagonal, Small scoot/hop on L towards R diagonal
7-&-8 Small scoot/hop on R towards L diagonal x2 (make sure weight ends on L)

PART B (32 counts)

Jump out, Knee pop, Heel/Toe Swivel x2, Rock-Recover, Cross-Step ½ Turn

1-&-2 Jump out on R&L, Pop both knees up, Bring knees back down
&3&4 On ball of L & heel of R swivel toes to L, bring back to center, On ball of R foot & heel of L swivel toes to R, bring back to center (weight ends on L)
&-5-6 Step R foot to L, Rock out on L foot, Recover weight back to R
&7&8 Cross L over R, ¼ L stepping back R, ¼ L stepping L side, Touch R toe to R side

Full Turn, Rock-Recover-Cross, ¼ Rock-Recover Half, Walk R, L

1 – 2 ¼ Turn R stepping R forward, ½ Turn R stepping L back
3-&-4 ¼ Turn R rocking out on R foot, Recover L, Cross R over L
5-&-6 ¼ Turn L rocking forward on L, Recover on R, ½ Turn L stepping L forward
7 – 8 Walk forward R, Walk forward L

Rock & Cross x2, Rock-Recover-1/2 Turn, Weave

&-1-2 Quick rock out/forward with R, Recover on L, Cross R over L
&-3-4 Quick rock out/forward with L, Recover on R, Cross L over R
5-&-6 Rock out to R, Recover to L, ½ Turn L stepping R to R side
7-&-8 Step L behind R, Step R out to R side, Cross L over R

R Mambo Forward, L Coaster, Brush-Hitch-Touch, Heel Flick-Knee Pop

1-&-2 Rock forward on R, Recover back on L, Step R next to L
3-&-4 Step L back, Step R back next to L, Step L forward

5-&-6 Brush R forward, Hitch R knee up, Touch R down slightly in front of L
&7&8 Flick R heel out, Place R back on floor, Pop knees forward, Back to center
***Weight should end on L foot**

Notes:

Part A is only done to the 12 o'clock, 6 o'clock, and one time at end to 3 o'clock

Part B is only done to the 12 o'clock and 3 o'clock walls

Sequence: A, A, B, 1st 16 of B, A, A, B, 1st 16 of B,
