

The Stroma Dance

COPPER KNOB
BY STEPHEN BRETZ

拍数: 96 墙数: 1 级数: Phrased Advanced
编舞者: Niels Poulsen (DK) - May 2010
音乐: Alors On Dance - Stromae



Sequence: A, A, B, Tag 1, B, 30 counts of B + Tag 2, B + Tag 3, A, 32 counts of B, 7 counts of A

Note: The A section is all about hitting the beats, foot speed and very sharp moves!

The B section is a Samba styled PARTY section... HAPPY TIMES!!!

Intro: Start after 32 counts

The A section – SHARP MOVES!:

(1 – 9) Rock R fw, recover, back R, sit back R, 4 hip bumps, fw L, fw R, lock behind

- 1 – 3 Rock R fw (1), recover weight back to L (2), step back on R (3) 12:00
4&5 Bend in both knees and sit back on R leg lifting L heel off the floor (4), push hip fw and up (&), push hip back (5) Styling: leave L heel off the floor during all hip bumps (counts 4-7)
6 – 7 Push hip fw and up (6), push hip back (7)
8&1 Step down and slightly fw on L (8), step fw on R (&), lock touch L behind R (1)

(10 – 17) Swivel ¼ L X 2, fw L, step lock step, step ½ R, L ball step

- 2 – 4 Swivel R foot ¼ L leaving L foot touched to the floor (2) repeat ¼ turn (3), step fw on L (4) 6:00
8&5 – 6 Step fw on up on ball of R foot (&), lock L foot behind R (still up!) (5), step fw on R (6)
7 – 8 Step fw on L (7) turn ½ R stepping onto R (8) 12:00
8&1 Step L a small step fw (&), step fw on R (1) ... (or do a R full turn on &1)

(18 – 25) Rock L fw, recover, L coaster place, heel swivels, L coaster cross

- 2 – 3 Rock fw on L (2), recover weight to R (3)
4&5 Step back on L (4), step R next to L (&), place ball of L foot fw with no weight (5)
6 – 7 Swivel both heels to L side rising on balls of feet (6), swivel both heels down to centre (7)
8&1 Step back on L (8), step R next to L (&), cross L over R (1)

Fun option!...The second time you do the A section do up to count 5. Hold on counts 6, 7, 8 but add 4 chest pops starting on count 5, 6, 7 and 8.

On count 1 you step fw onto L foot and continue with count 2 in the next section (26-32)

(26 – 32) R point, cross, L & R side switches, back R, L back rock, recover, fw L

- 2 – 3 Point R to R side (2), cross L over R (3)
4&5 Point L to L side (4), step L next to R (&), point R to R side (5)
6 Step back on R (6)
7 – 8& Rock L back on a slight L diagonal (7), recover weight to R (8), step L a small step fw (&)
Note: When starting the B section leave out this last &-count to be ready for your weave 12:00

The B section - SAMBA:

(1 – 8) Weave 1/8 L, behind side cross ¼ L, weave ¼ L, behind side cross ¼ L

- 1&2 Cross L over R (1), turn 1/8 L stepping R to R side (&), cross L behind R (2) 10:30
3&4 Step back on R (3), turn 1/8 L stepping L to L side (&), turn 1/8 L crossing R over L (4) 7:30
5&6 Step fw on L (5), turn 1/8 L stepping R to R side (&), turn 1/8 L crossing L behind R (6) 4:30
7&8 Step back on R (7), turn 1/8 L stepping L to L side (&), turn 1/8 L crossing R over L (8) 1:30

(9 – 16) L bota fogo, R bota fogo, full paddle turn L

- 1&2 Step fw on L (1), rock R to R side turning ¼ L (&), recover weight to L (2) 10:30
3&4 Step fw on R (3), rock L to L side turning ¼ R (&), recover weight to R (4) 1:30

- 5&6& Turn 1/8 L stepping fw on L (5), turn ¼ L rocking R to R side (&), recover weight to L (6) turn ¼ L rocking R to R side (&) 6:00
- 7&8 Recover weight to L (7), turn ¼ L rocking R to R side (&), recover on L with ¼ L on L (8) 12:00

(17 – 24) R mambo fw, L mambo fw, touch & back step X 4

- 1&2 Rock fw on R (1), recover weight to L (&), step R next to L (2)
- 3&4 Rock fw on L (3), recover weight to R (&), step L next to R (4)
- 5&6& Touch R fw (5), step back on R (&), touch L fw (6), step back on L (&) - or do battucadas!
- 7&8& Touch R fw (7), step back on R (&), touch L fw (8), step back on L (&) - or do battucadas!!

(25 – 32) Cross, side L, behind & heel, down R, cross, side R, behind & heel, down L

- 1 – 2 Cross R over L (1), step L to L side (2)
- 3&4& Cross R behind L (3), step L back (&), touch R heel diagonally fw R (4), step R down (&)
- 5 – 6 Cross L over R (5), step R to R side (6)
- 7&8& Cross L behind R (7), step R back (&), touch L heel diagonally fw L (8), step L down (&)

(33 – 40) Cross, side, sailor ½ R, L and R Dorothy steps

- 1 – 2 Cross R over L (1), step L to L side (2) 12:00
- 3&4 Cross R behind L turning ¼ R (3), turn ¼ R stepping L next to R (&), step fw on R (4) 6:00
- 5 – 6& Step L to L diagonal (5), lock R behind L (6), step L diagonally fw L (&)
- 7 – 8& Step R to R diagonal (7), lock L behind R (8), step R diagonally fw R (&)

(41 – 48) Step ½ R, full triple turn R, run R L R kick, run L R L kick

- 1 – 2 Step fw on L (1), turn ½ R stepping fw onto R (2) 12:00
- 3&4 Turn ½ R stepping back on L (3), turn ½ R stepping fw onto R (&), step fw on L (4)
- 5&6& Run fw R (5), run fw L (&), run fw R (6) kick L low fw (&)
- 7&8& Run fw L (7), run fw R (&), run fw L (8), kick R low fw (&)

(49 – 56) R mambo, L and R hitch scoot back, L coaster, R kick ball change

- 1&2 Rock fw on R (1), recover on L (&), step back on R (2)
- &3&4 Hitch L knee scooting backwards on R (&), step back on L (3), repeat steps with R (&4)
- 5&6 Step back on L (5), bring R next to L (&), step fw on L (6)
- 7&8 Kick R fw (7), step R next to L (&), step L slightly fw (8)

(57 – 64) Fw R, heel swivels R, fw L, heel swivels, rock R fw, R sailor step

- 1&2 Step fw on R (1), swivel both heels to R side (&), return heels to centre (2) – weight on R
- 3&4 Step fw on L (3), swivel both heels to L side (&), return heels to centre (4) – weight on L
- 5 – 6 Rock fw on R (5), recover weight back to L (6)
- 7&8 Cross R slightly behind L (7), step L to L side (&), step R to R side (8) 12:00

EXTRAS... Woohoo !!!

Tag 1: This tag comes after your 1st B. The beat disappears, now hit the lyrics!!!

(1 – 7) Cross L over R, R chasse, L cross rock, L side rock, L back rock side

- 1 Cross L over R (1) 12:00
- 2&3 Step R to R (2), step L next to R (&), step R to R side (3)
- 4&5& Cross rock L over R (4), recover on R (&), rock L to L side (5), recover on R (&)
- 6&7 Rock back on L (6), recover on R (&), step L to L side (7)

(8 – 16) R cross shuffle, L chasse, R cross rock, R side rock, R back rock side, Hold

- 8&1 Cross R over L (8), step L to L side (&), cross R over L (1)
- 2&3 Step L to L side (2), step R next to L (&), step L to L side (3)
- 4&5& Cross rock R over L (4), recover on L (&), rock R to R side (5), recover on L (&)
- 6&7 Rock back on R (6), recover on L (&), step R to R side (7)
- 8 Hold (8) 12:00

Tag 2: During your 3rd B, after count 30, facing 12:00: Hold on counts 31-32. Restart with B 12:00

Tag 3: During your 4th B, after count 62, facing 12:00: Hold on counts 63-64. Restart with A 12:00

Restart After 32& counts of your 5th B, RESTART with the A section rocking fw on R foot... 12:00

Begin again – GOOD LUCK – and have fun with this one!!!

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