

AB Commander (aka ABC)

COPPERKNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
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音乐: Commander (feat. David Guetta) - Kelly Rowland : (CD: Commander, Single - 03:39)



Intro: 32 Counts (Approx. 15 Secs)

HITCH SWEEP, STEP BACK. X4.

1 – 2 Hitch right knee up and swing it back, step back with right.

3 – 4 Hitch left knee up and swing it back, step back with left.

5 – 6 – 7 – 8 Repeat Counts 1 – 2 and 3 – 4 of this Section.

(12 o'clock)

DIAGONAL STEP, TOUCH TOGETHER. X3. SIDE STEP ¼ TURN R, TOUCH TOGETHER.

1 – 2 Step right foot forward to right diagonal, touch left next to right.

3 – 4 Step left foot forward to left diagonal, touch right next to left.

5 – 6 Step right foot forward to right diagonal, touch left next to right.

7 – 8 Make a ¼ turn right stepping left to the left, touch right next to left.

(3 o'clock)

SIDE POINT, HITCH, SIDE POINT, STEP TOGETHER. X2.

1 – 2 Point right to the right, hitch right knee up to left.

3 – 4 Point right to the right, step right next to left.

5 – 6 Point left to the left, hitch left knee up to right.

7 – 8 Point left to the left, step left next to right.

(3 o'clock)

HIP ROLLS, TOUCH TOGETHER. X2.

1 – 2 Step right to the right rolling right hip clockwise, roll left hip anticlockwise.

3 – 4 Roll right hip clockwise, touch left next to right.

5 – 6 Step left to the left rolling left hip anticlockwise, roll right hip clockwise.

7 – 8 Roll left hip anticlockwise, touch right next to left.

(3 o'clock)

End of Dance. Start again and Enjoy!

ADDITIONAL STYLING: If you wish to make the dance a bit more funky or interesting then here are a few suggestions as to how you could do this.

On Section 1: Each time you Hitch one of your knees you could also pop or roll back the same shoulder. This should look as though your Knee and Shoulder are making the same shape.

Alternatively on Section 1: Each time you Hitch your RIGHT knee you could pop or roll BACK both shoulders, and each time you Hitch your LEFT knee you could pop or roll FORWARD both shoulders. This should look as though your upper body or shoulders are "Opening" and "Closing".

Finally on Section 2: Instead of just doing the Touches as they are you could add a little jump which brings your feet together whilst still Touching the relevant foot.

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