

Black Sweat

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 4 级数: Intermediate / Advanced
编舞者: Maurice Rowe (USA) & Roberto Corporan (USA) - October 2010
音乐: Black Sweat - Prince : (Album: 3121)



Intro: 64 counts

Sequence: A (full 64 counts), A-(48 counts), B (40 counts)

Part A, 64 counts

BEHIND, FORWARD, OUT, BALL SIDE, HOLD, HEEL SWIVELS

1&2, 3 Weight starts on Right. Step Left behind Right, 1/4 turn right stepping Forward on Right, step Left to left, hold.
&4 Step Right to center, step Left to left
5&6 Cross Right over Left, step back on Left, step forward on Right
7 Hold.
&8 Swivel heels right, then back to center

ROCK, RECOVER, COASTER, WALK 1/2 TURN LEFT OUT OUT, HOLD, KNEE POPS

1,2 Press Right foot into a forward rock, recover
3&4 Step back on Right, Left together, forward on Right
5&6 Step forward Left, 1/2 turn left stepping Right to right, Left to left.
7 Hold
&8 Transfer weight to Right popping Left knee up, transfer weight back to Left popping Right knee up

RIGHT SAILOR, LEFT SAILOR, HOOD 3/4 TURN OUT OUT, HOLD, FOOT SWIVELS

1&2 Cross Right foot behind Left, step Left to left, step Right to right.
3&4 Cross Left foot behind Right, step Right to right, step Left to left.
5&6 Hook Right foot making a 3/4 turn right, step out right, left.
7 Hold
&8 Swivel feet to left with Left heel down and Left toe up, Right heel down and Right toe up.

PUSH RIGHT, LEFT, 1/4 SHUFFLE, 1/2 PIVOT TURN, STEP LEFT, RIGHT, TOUCH, HOLD, KNEE POP

1,2 "Push" Right out stepping Right to right, "push" Left out stepping Left to left
3&4 1/4 turn right shuffling Right, Left, Right
5&6 1/2 pivot turn, step Left, Right, touch Left next to Right
7 Hold
&8 Transfer weight onto Left popping Right knee up, transfer weight back to Right popping Left knee up.

WALK LEFT, RIGHT, 3/4 TURN HOLD, BALL SIDE, CROSS ROCK RECOVER, RIGHT

1,2 Walk forward Left, Right
3&4 Step Left forward, 1/2 pivot turn right, making a 1/4 turn right step Left to left
5 Hold
&6 Step on ball of right, step Left to left.
7&8 Cross rock Right over Left, recover weight to Left, step Right to right

CROSS, 1/4 TURN, FULL TURN, WALK RIGHT, LEFT, HOLD, BALL SIDE

1, 2 Cross Left over Right, 1/4 turn left stepping back on Right
3&4 Swing Left 1/2 turn left, step forward on Right, pivot 1/2 left
5, 6 Step forward Right, Left
7 Hold
&8 Ball step Right to center, Left foot forward

FORWARD RIGHT, 1/4 TURN LEFT, SWITCHES LEFT, RIGHT, HOOK 1/2 TURN OUT OUT, CROSSING JUMP, RECOVER

- 1, 2 Step Right forward, 1/4 turn left
- &3 Bring Right to center and point Left to left
- &4 Bring Left to center and point Right to right
- 5&6 Hook Right making 1/2 turn right, stepping Right to right, Left to left
- &7&8 Jump, crossing Right over Left, then jump feet back to starting position, shoulder width apart

1/4 TURN RIGHT, 1/4 RIGHT, 1/4 RIGHT SHUFFLE, FORWARD ON LEFT, 1/2 TURN, LEFT SHUFFLE

- 1,2 1/4 turn right stepping forward on Right, 1/4 turn right stepping forward on Left
- 3&4 1/4 right turn shuffling Right, Left, Right
- 5,6 Step forward Left, 1/2 turn left stepping back on Right
- 7&8 Shuffle 1/2 turn left, Left, Right, Left

Part B, 40 Counts

HIP BUMPS X4, 3/4 TURN, DRAG BALL CROSS,

- 1&2 Step right foot 1/4 turn to the right side while bumping your hips right left right
- 3&4 While bumping your hips Left Right Left make 1/4 turn Left
- 5& Step Right foot forward, make 1/2 pivot turn over the left shoulder weight on the left
- 6 Making a 1/4 turn left, step right to right side, drag left into right
- 7 Hold
- &8 Left steps next to right and right crosses over

SIDE TOUCH X2, STEP OUT X3, FORWARD

- 1 Step left foot to the side
- 2 Touch right behind left
- 3 While pivoting on left leg make 1/4 turn right touching right beside left
- 4 hold
- 5 Step right out to right side
- 6 Step left out to left side
- 7 Step right out to right side
- 8 make 1/4 turn left forward

STEP 1/2 TURN X2, OUT X2, RUN X4, STEP FORWARD

- 1 Step right foot forward
- 2 1/2 pivot turn over left shoulder, weight on left foot
- 3 step right foot forward
- &4 On the ball of the right foot make a 1/2 turn over left shoulder, pivoting on the right leg stepping out on Left, touching Right to right (weight remains on Left)
- 5& (optional-With knees slightly bent) run forward right left
- 6& (optional-With knees slightly bent) run forward right left
- 7 Hold
- 8 Step right foot forward

WALK X2, 1/2 PIVOT TURN, 3/4 TURN, SIDE BALL CROSS

- 1 step left foot forward
- 2 step right foot forward
- 3&4 step left foot forward make a 1/2 pivot turn over the right shoulder (weight on right) step left foot forward
- 5& while making a 1/2 turn over the left shoulder step right back, make another 1/2 turn over left shoulder stepping left forward
- 6 Making 1/4 turn left, step right to right side, drag left foot in 7 Hold
- &8 Left steps next to right and right crosses over

STEP BACK, FULL TURN, REVERSE TURN BACK, SIDE TOGETHER SIDE

- 1 Making a 1/4 turn right, step back on left
- 2 1/2 turn right stepping forward on Right
- 3&4 step left foot forward, 1/2 pivot turn over right shoulder (weight on right), step left foot forward
- 5 Making a 1/2 turn left step back on Right
- 6 step left back
- 7&8 step right foot to the side, step left foot next to right, right foot to the side

END
