

MMM Dada!!!

COPPER KNOB
BY STEPHEN BRETZ

拍数: 128 墙数: 2 级数: Phrased Advanced
编舞者: Guyton Mundy (USA) & Will Craig (USA) - January 2011
音乐: Turn Around (5,4,3,2,1) - Flo Rida



Dance Sequence: A, B, A, B, First 32 counts of A, First 28 counts of B, B

A Pattern

[1-8] Kicks X3 With Arm Hits, Step Drop Arms, Arms Up, Head Pops, Back X3

&1&2 Kick right foot forward, step down on right, kick left forward, step down on left

&3&4 Kick right foot forward, step down on right, kick left forward, step forward on left

Arm: On count &, lift your right arm swing left arm back and proceed to swing your arms like you're running.

Bring arms down to sides on count 4.

5&6 Bring both arms up out to either side elbows bent 90 degrees fists forward, tilt head left while cocking left arm down and right arm up at 45 degree angle, return to neutral

7&8 Walk back left, right, left while dropping arms to your sides

[9-16] Side With Sweeping Sailor X2, Kick Step Lock Step, Full Unwind

1,2& Side step right to right while sweeping left back, step left behind right, step right foot slightly forward

3,4& Side step left to left while sweeping right back, step right behind left, step left foot slightly forward

5&6 Kick right foot forward, step down on right, lock left behind

7,8 Unwind full turn over left shoulder with weight ending on left foot

[17-24] Kick Cross X2, Kick Cross X4 With Travel Back

1,2 Step down on right as you kick left out to left side, bring left slightly in crossing right over left

3,4 Slightly step left out to left as you kick right out to right side, bring right slightly in crossing left over right

5&6 Step down on right as you kick left out to left side, bring left slightly in crossing right over left, slightly step left out to left as you kick right out to right side

&7 Slightly bring right in as you cross left over right, slightly step right out as you kick left out to left side

&8 Slightly bring left in as you cross right over left, uncross feet ending shoulder width apart

[25-32] Tut, Head Snake Through Arms, 3/4 Turn

1&2& Flex right hand out palm facing down, flex left hand out palm facing down, bend right elbow bringing right hand up to shoulder height keeping palm down, bend left elbow bring left hand up to shoulder height keeping palm down

3&4 Rotate right had CCW bringing fingertips in, rotate left hand CW bringing fingertips in, bring hands in front of chest ending with left hand on top of right both palms down elbows pointing out to sides

5,6 Rotate left hand up and right hand down, take right hand out in front of left and around and behind left ending with right palm on back of left hand

7,8 Bring both hands around left side of head, make 3/4 turn left keeping weight on left foot and brining arms down

[33-40] Kick Step Lock Step, Cross Side Pop, Pop, Drop, Cross Side

1&2& Kick right foot diagonally forward to right, step down on right, lock left behind right, step right to right side

3,4 Cross left over right, step right to right side while bringing both arms up elbows bent fists pointing forward

5,6 Turn upper body 1/4 turn left, rotate lower body on balls of both feet 1/4 turn left bending at knees and dropping slightly

7,8 Cross right over left while dropping arms, step forward on left 1/8 turn to face 12 o'clock wall

[41-48] Kick Step Out With Arm Hit, Tuts, Hitch Cross Side, Body Wiggle With Arms

1&2 Kick right foot forward, step down on right, step left out to left side while bringing both hands up left over top of right elbows out to either side

&3& Slightly bend left knee in as you drop left elbow and raise right elbow to 45 degrees, extend right arm, bring right arm back in

4& Extend left arm, bring left arm back in

5&6 Hitch left up slightly as you pulse arms up slightly, cross left over right as you pulse arms down slightly, bring right together with left

7&8 Alternate elbows right down left up, left down right up, right down left up as you swing hips right, left, right slightly bending at knees

[49-56] Step, Swivel, Knee Pop, Kick Ball Out, Heel Swivel X2, Ball Step

1&2 Step forward on left as you drop arms, swivel left toe to left and right heel to right, return to center

&3 Pop left heel up bending left knee, return to neutral (ending with weight on right)

&4&5 Step together on ball of left, kick right forward, cross right over left, step left out to left

&6& With weight on heel of left and ball of right swivel left toe to left and right heel to right, return to neutral, with weight on heel of right and ball of left swivel right toe to right and left heel to left

7&8 Return to neutral ending with weight mainly on right, step in on ball of left, step forward on right

[57-64] Kick Forward X2, Kick Side, Kick Step Back With 1/4, Cross And Cross With 1/4

1&2 Kick left foot forward, step together with left, kick right foot forward

&3 Step together with right, kick left foot out to left side

&4& Bring left foot in to right, kick right foot forward, step together on ball of right foot

5,6 Press off ball of right foot making 1/4 turn left stepping left to left side, drag right foot in

7&8 Cross right over left, make 1/4 turn stepping forward on left, step forward on right

B Pattern

[1-8] Cross, Side Rock Recover X3, Cross And Cross

1&2 Cross left over right, rock right to right side, recover on left (while travelling forward)

3&4 Cross right over left, rock left to left side, recover on right (while travelling forward)

5&6 Cross left over right, rock right to right side, recover on left (while travelling forward)

7&8 Cross right over left, step left to left side, cross right over left

Note: to get on samba timing change the & count to Ah count. timing goes as follows 1, e, and, ah, 2.

[9-16] Circle Weave Or Samba Circle Weave

1a2 Cross left over right, make 1/4 turn left stepping back on right, step left behind right

3a4 Step right behind left, make 1/4 turn left stepping forward on left, make 1/4 turn left stepping right to right side

5a6 Step back on left, make 1/4 turn left stepping right behind left, step left to left side

7&8 Cross right over left, step left to left side, cross right over left

[17-24] Mambo Forward, Mambo Back, Cross & Cross X4

1&2 Rock forward on left, recover on right, step together with left

3&4 Rock back on right, recover on left, step together with right

5&6& Cross left over right, step on ball of right foot to right side, cross left over right, step on ball of right foot to right side

7&8 Cross left over right, step on ball of right foot to right side, cross left over right

[25-32] Step 1/2 Turn, Back 1/2 Turn, 1/2 Turn X2, Step, Hold

1,2 Step forward on right, pivot 1/2 turn left ending with weight on right

3,4 Step back on left, pivot 1/2 turn left ending with weight on left

- 5,6 Make 1/2 turn over left shoulder stepping back on right, make 1/2 turn over left shoulder stepping forward on left
7,8 Step forward on right, hold

[33-40] 1/2 Turn Tripple X3, Step, Hold / Or, Samba Roll With Step Hold

- 1&2 Make 1/2 turn over left shoulder shuffling left, right, left
3&4 Make 1/2 turn over left shoulder shuffling back right, left, right
5&6 Make 1/2 turn over left shoulder shuffling left, right, left
7,8 Step forward on right, hold

[41-48] Bounce Sweep Back X3, Behind Side Cross

- 1,2 Step back on left as you start sweeping right foot around to right, skip back on left continuing to sweep right foot behind left
3,4 Step back on right as you start sweeping left foot around to left, skip back on right continuing to sweep left foot behind right
5,6 Step back on left as you start sweeping right foot around to right, skip back on left continuing to sweep right foot behind left
7&8 Step right behind left, step left to left side, cross right over left

[49-56] Mambo Forward, Mambo Back, Cross & Cross X4

- 1&2 Rock forward on left, recover on right, step together with left
3&4 Rock back on right, recover on left, step together with right
5&6& Cross left over right, step on ball of right foot to right side, cross left over right, step on ball of right foot to right side
7&8 Cross left over right, step on ball of right foot to right side, cross left over right

[57-64] Walk With Shake X2, Walks Forward

- 1,2 Step forward on right while shaking hips right, left, right
3,4 Step forward on left while shaking hips left, right, left
5-8 Walk forward right, left, right, left

Note: ON the 3rd set of A you will have a RESTART after 32 counts. You will be doing your 3/4 turn over left shoulder. On this wall make a 1/2 turn instead of a 3/4 turn to bring you to the back wall ending with weight on right foot, where you will start the B pattern

Right after you have that RESTART you will ONLY do the FIRST 28 counts of the B pattern. You will be making your step half turns, counts 25-28 of the B pattern. when you do this, repeat counts 25-26, then hook left behind right and just unwind a half turn keeping weight on right and then restart the dance on the back wall for the last time. Have Fun!!!!

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