

American Poppin'

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Carolyn Robinson (USA) - March 2011
音乐: Shake Your Groove Thing - Peaches & Herb



More Music:

"Play That Funky Music," Wild Cherry

"Round & Round," Selena Gomez

"Rolling in the Deep," Adele

Begin dance 32 counts after the song begins; you'll hear the heavy beat kick in and you'll feel like walking!

WALK FORWARD R-L-R, SIDE POINT L; WALK BACK L-R-L, SIDE POINT R

1,2,3 Walk forward on R, L, R

4 Point Left to L side

5,6,7 Walk back on L, R, L

8 Point Right to R side

VINE RIGHT W/CLAP; VINE LEFT W/CLAP

1,2,3,4 Side step R, Step L behind R, Side step R, Touch L beside R & clap

5,6,7,8 Side step L, Step R behind L, Side step L, Touch R beside L & clap

BUMP R HIP HIGH & LOW, HIGH & LOW; BUMP L HIP HIGH & LOW, HIGH & LOW

1&2 Bump R hip (to R) high, Bump L, Bump R hip (to R) low

3&4 Bump R hip (to R) high, Bump L, Bump R hip (to R) low

&5&6 Bring your body upright w/weight on R and Bump L hip (to L) high, Bump R, Bump L hip (to L) low

7&8& Bump L hip (to L) high, Bump R, Bump L hip (to L) low, Bring your body upright w/weight on L

Note: Pretend you are closing dresser drawers with your hips; bump the 1st drawer closed (bump high); bump the 3rd drawer closed (bump low).

MONTEREY TURN ¼ R X 2

1,2 Side Point R, Pivot ¼ turn R and step on R (3:00)

3,4 Side Point L, Step L beside R

5,6 Side Point R, Pivot ¼ turn R and step on R (6:00)

7,8 Side Point L, Step L beside R

Begin again!!

TAG: This tag is used for the "Shake Your Groove Thing" music only!

Dance the dance twice. Then do this tag for 4 counts.

STEP TOUCHES X2

1,2 Step R to diagonal, Touch L beside R

3,4 Step L to diagonal, Touch R beside L

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