

Warm Up

COPPER KNOB
BYEFOOTETS

拍数: 32 墙数: 1 级数: Beginner
编舞者: Irene Tang (HK) - January 2012
音乐: Moves Like Jagger (feat. Christina Aguilera) - Maroon 5



Count In: After 32 counts

SEC 1: 3 WALK, HITCH, 3 BACK, HITCH

1 – 4 Walk RF, LF, RF, hitch L knee pushing both arms forward (contracting upper body)
5 – 8 Back LF, RF, LF, hitch R knee touching with L elbow

SEC 2: GRAPEVINE R WITH HITCH, GRAPEVINE L WITH HITCH

1 – 4 Step RF to R, cross LF behind RF, step RF to R, hitch L knee touching with R elbow
5 – 8 Step LF to L, cross RF behind LF, step LF to L, hitch R knee touching with L elbow

SEC 3: TOUCH PADDLE FULL TURN WITH HIP ROLL

1 – 2 Touch RF fwd, pivot 1/4 L with weight on LF & rolling hips (9:00)
3 – 4 Touch RF fwd, pivot 1/4 L with weight on LF & rolling hips (6:00)
5 – 6 Touch RF fwd, pivot 1/4 L with weight on LF & rolling hips (3:00)
7 – 8 Touch RF fwd, pivot 1/4 L with weight on LF & rolling hips (12:00)

{Arms circle over head along with the hip circles}

SEC 4: CROSS, POINT, CROSS, POINT, BEHIND, POINT, BEHIND, POINT

1 – 4 Cross RF in front of LF, point LF to L, cross LF in front of RF, point RF to R
5 – 8 Cross RF behind LF, point LF to L, cross LF behind RF, point RF to R

Tag: After Wall 10, add 4 counts with hip roll anti-clockwise in circle, weight ends on LF

Notes: I use this dance as an introduction to newcomers, as well as a warm up dance during class, be creative and add more arm movements with attitude

While making a "TURN"

It's just natural to change direction leading by your upper body.

Your feet will follow.

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