

Got Me Good

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 2 级数: Intermediate / Advanced
编舞者: Julia Wetzel (USA) & Nicole Wetzel (USA) - November 2012
音乐: Got Me Good - Ciara : (slowing track down 5% is recommended, TL=4:05)



Intro: 16 counts from start of heavy beat (approx. 11 seconds into track, on lyrics "It's been")

[1 – 8] Heel, Touch, ¼ Body Roll, Behind, Side, ¼ Hitch, Together

- 1-4 Touch R heel fw (1), Touch R back (2), ¼ Turn R body roll to R side weight ending R (3-4) 3:00
5-6 Step or glide L behind R (5), Step or glide R to R side (6) 3:00
7-8 ¼ Turn L hitching L (7), Step L next to R (8) 12:00

[9 - 16] Dip, Drag, Dip, Drag, Side, Hop, Side, Knee Pop

- 1-4 Dip and lunge fw on R to R diagonal (1), Rise up and drag L to R (2), Dip down and lunge fw on L to L diagonal (3), Rise up and drag R to L (4)

Styling: Lunge fw with an aggressive attitude keeping weight fw and knees apart 12:00

- 5-6 Step R to R side bend both knee prep for hop (5), Hop L to center while kicking R across L (6) 12:00
7-8 Step R to R side (7), Pop R Knee out to R side (8) (body now facing R diagonal) 12:00

[17 - 24] Arm, Body Roll, Cross, Side, Flick, Side, Cross

- 1-4 Bring L forearm in front of chest w/closed fist (1), Dip head and upper body fw (as if diving under L arm) and roll body up as you pull L arm back over top of head (2-3), Step L across R (4) 12:00
5-6 Step R to R side square up to 12:00 (5), Flick L behind R and tip head to R side also bend arms with elbows out swing fists across from L to R in front of body (6) 12:00
7-8 Step L to L side (7), Step R across L (8) 12:00

[25 - 32] ¼ Diag. Step, Together, Diag. Step, Together, Step, ¼ Touch, Side Rock, Recover

- 1-4 ¼ Turn L big step fw on L to L diagonal (1), Step R next to L (2), Big step fw on R to R diagonal (3), Step L next to R (4)

Styling: Step fw with hip first, then roll your upper body up as if it's trailing the lower body 9:00

- 5-6 Small step fw on L (5), ¼ Turn L touch R next to L swing R arm around to front w/closed fist (6) 6:00
7-8 Rock R to R side and drop R arm to side (7), Recover on L (8) 6:00

[33 - 40] Behind, Side, Behind, ¼ Ronde, Back, ¼, ¼ Chest Pump, Touch

- 1-4 Step R behind L (1), Step L to L Side (2), Step ball of R behind L and swing L out to L side with straight leg (3) (start of Ronde), ¼ Ronde Turn L on R sweep L from front to back in the air (4) 3:00
5-6 Step back on L (5), ¼ Turn R step R to R side (6) 9:00
7-8 ¼ Turn R step L to L side and push chest out with both arms bent and elbows pulled back at chest level w/closed fists (7), Touch R next to L and drop arms to sides (8) 9:00

[41 - 48] Side, Hold, Chest Rolls, ¼ Back, Pose, Back, Pose

- 1-2 Step R to R side (1), Hold (2) 3:00
&3&4 Roll upper body in a circular CCW motion making 2 rotations (&3&4) 9:00
5-6 ¼ Turn L step back on L (5), Bring R knee (bent) across L leg and touch R toe in front of L, also touch R thigh with R hand and drag finger tips lightly up along R side of body (6)

Less Feminine Option for (6, 8): Scuff R heel in front of L (6), Scuff L heel in front of R (8) 6:00

- 7-8 Step back on R (7), Bring L knee (bent) across R leg and touch L toe in front of R, also touch L thigh with L hand and drag finger tips lightly up along L side of body (8) (see option above) 6:00

[49 - 57] Step, Step, Rock, Recover, Cross, Rock, Recover, Jazz Box

- 1-2 Step fw on L (1), Step fw on R (2) 6:00
3&4 Rock L foot and L shoulder to L side (3), Recover on R (&), Cross L over R (4) 6:00
5&6 Rock R foot and R shoulder to R side (5), Recover on L (&), Cross R over L (6) 6:00
7-8-1 Step back on L (7), Step R to R side (8), Step fw on L (1) 6:00

[58 - 64] Dip-Rise, Dip-Rise, Step, Step, Hold, Kick-Ball-Change

- 2& Step R next to L and face R diagonal, dip down and hold arms out to sides w/palms up bending at elbows bringing hands up (2), Rise up and straighten arms while still holding them out to sides (&) 6:00
3& Dip down and hold arms out to sides w/palms up bending at elbows bringing hands up (3), Rise up and straighten arms while still holding them out to sides (&) (weight ending on L)

Styling: In the "&" counts of "2&3&", it's as if you're asking "What" in an aggressive manner 6:00

- 4-6 Step fw on R and drop arms to sides (4), Step fw on L (5), Hold (6) 6:00
7&8 Kick R fw (7), Step ball of R slightly back (&), Step L in place (8) 6:00

Tag At the end of Wall 2, 4 and 6 (or every time you return to 12:00 to start your next wall), do the following 16 count tag:

[1 - 8] Knee, Knee, Body Roll, Hip Bumps

- 1& Bring R knee up and push both hands down (1), Step down on R and relax hands (&) 12:00
2& Bring L knee up and push both hands down (2), Step down on L and relax hands (&) 12:00
3-4 Forward body roll from head down to hip (3-4) 12:00
&5&6, 7-8 Bump hip to L side (&), to R side (5), to L side (&), to R side (6), to L side (7), to R side (8) (weight ending on R)

Easier Option (5-8): Bump hip to L side (5), to R side (6), to L side (7), to R side (8) 12:00

[9 - 16] Side, Cross, Miming Arms (3), Hold, Together, Side, Touch

- 1-2 Small step L to L side (1), Cross R over L (2) 12:00
3-4 As if there's an invisible wall in front of you: Step L to L side and touch wall with open hands to your upper L (3), Touch wall to your lower R (4) 12:00
5-6 Bring both arms down w/palms down to lower L side (5), Hold position (6) 12:00
&7 As if your hands are glued down to that spot, move your body without moving your hands from that location: Step R next to L (&), Step L to L side (7) 12:00
8 Touch R next to L and drop hands to sides 12:00

Start Walls 3, 5 and 7 here facing 12:00

Ending On Wall 7 dance up to Count 32 (Recover on L facing 6:00), then ½ Turn L on L step R to R side (33) to face 12:00 and pose

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