

Starships!

COPPER KNOB
BY STEPHEN

拍数: 80 墙数: 1 级数: Phrased High Intermediate
编舞者: Shaz Walton (UK) - May 2013
音乐: Starships (Edited Version) - Nicki Minaj : (Album: Now That's what I call music 82)



Or the one with the bad language

Sequence - AA BB CC AA BB CC BB CC (not as hard as it looks, Honest)

PART A (32 Counts)

Heel grind. Step back. Point back. Lock step forward. Touch

1-2 Dig right heel forward. Step back on left as right toes go right.
3-4 Step back on right. Point left behind right.
5-6-7-8 Step forward left. Lock right behind left. Step forward left. Touch right beside left.

Side. Touch, step. point. Pendulum kick. Jazz box. Touch.

1-2 Step right to right side. Touch left beside right.
&3-4 Step left beside right. Point right to right side. Step down on right as you kick left foot.
5-6 (Left foot kicked to left) Cross left over right. Step back right.
7-8 Step left to left side. Touch right beside left.

Step. Swivel left making ¼ left. Hook. Lock step forward. ¼. Touch.

1-2-3-4 Step forward right. Swivel left heel in. Swivel left toe in. Swivel left heel as you place weight on right as you make a ¼ turn left hooking left over right.
5-6 Make ¼ left stepping left forward. Lock right behind left.
7-8 Step left forward. Make ¼ left on ball of left, touching right beside left.

Side. Touch. Chasse left. behind. Side. Cross. Point. 1/4. Step.

1-2 Step right to right. Touch left beside right.
3&4 Step left to left. Step right beside left. Step left to left.
5&6 Cross step right behind left. Step left to left side. Cross step right over left.
7-8 Point left to left side. Make ¼ turn left on ball of right. Step left beside right.

PART B (32 Counts)

Rocking chair. Walk full circle right.

1-2-3-4 Rock forward right. Recover left. Rock back on right. Recover on left.
5-6-7-8 Walk a full circle right stepping R-L-R-L (Starships were meant to FLY!)

Behind. Side. Cross. Touch. Hitch. Slide. ½ Sailor cross. Scuff. Jump. Touch.

1&2 Cross step right behind left. Step left to side. Cross step right over left.
3&4 Touch left to left side. Hitch left over right knee. Step left a large step to left, dragging right up to left.
5&6 Sailor ½ turn right ending with the right crossed over the left.
7&8 Scuff left to left side. Step/jump left down. Cross touch right behind left.

Bounce. Bounce/sweep. Back.Cross Touch. Forward. ¼. ¼. Cross.

1-2 Making ½ turn right- on the balls of both feet, bounce twice – sweeping right from front to back on second bounce. (Weight ends left)
3-4 Step back right. Touch left over right (left knee bent)
5-6 Step forward left. Make ¼ left stepping back right.
7-8 Make ¼ left stepping left to left side. Cross step right over left.

Unwind ½. Kick. Kick ball step. Step pivot ¼ (roll) Forward. ¼ side.

- 1-2 Unwind ½ turn left. Kick right forward.
3&4 Kick right forward. Step right beside left. Step left forward.
5-6 Step forward right. Pivot ¼ left. (Roll you hips anti clockwise if you like?)
7-8 Step forward right. Make ¼ right stepping left to left side.

PART C (16 Counts)

Knee pop sequence. Kick. Coaster heel. Step. heel. Step. Step.

- 1&2& Pop right knee in towards left. Pop right knee to right. Pop left knee in towards right. Pop left knee to left.
3&4& Pop right knee in towards left. Pop right knee to right. Pop right knee in towards left. Turn 1/8 turn right dropping weight onto left as you kick right forward. (1.30)
5&6& Step back right. Step back left. Touch right heel forward. Step right beside left.
7&8 Touch left heel forward (still at 1.30) Step left beside right. Turn 1/8 left as you step right to right side (12.00)

Sailor. Roll. Ball. Side. Kick. Step. Roll. Together. Point.

- 1&23 Cross step left behind right. Step right to right. Roll your body to left over 2 counts. (Weight left)
&4 Step right beside left. Step left to left side.
5&6-7 Kick right forward. Step right beside left. Step forward left as you roll body forward for 2 counts. (Weight ending right)
&8 Step left beside right. Point right to right side.

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