

I Like How It Feels

COPPERKNOB
BY STEPHEN

拍数: 0 墙数: 0 级数: Phrased Hip-Hop
编舞者: Guyton Mundy (USA) & Carey Parson - 2012
音乐: I Like (The Remix) (feat. Enrique Iglesias & Afrojack) - Pitbull



Intro: 32 counts

Pattern of dance: A1 BCD A2 BCD A3

A 1 Pattern:

[1-8] Cross rock back rock twice, cross, behind, unwind full turn

1&2& Cross rock left over right, recover on right, rock back on left, recover on right
3&4& Cross rock left over right, recover on right, rock back on left, recover on right
5 Cross left over right
6 Hook right behind left
7-8 Unwind full turn right weight ending on left

[9-16] Side with arm wave, arm & body roll, sailor, step

1-2 Step right to side facing left diagonal as you bring right arm up to chest level, bent at elbow with forearm crossing in front of chest waving right arm from elbow to fingertips as you slightly pull arm to right.
3 Extend both arms out to left diagonal with fingertips extended
4-5 Roll from fingers through shoulders to rest of body
6&7 Step right behind left, step together with left, step right slightly forward
8 Step forward on left

B Pattern

[1-8] Pony steps twice, rock & cross, kick & hook

1&2 Step slightly forward on right, step together with left, step slightly forward on right, with both hands down but palms facing up as you pull hands slightly up then back down then back up slightly
3&4 Step slightly forward on left, step together with right, step slightly forward on left, as you bring hands slightly up to chest level with palms up push hands up bring back down to chest level then pump back up
5&6 Rock right to right side, recover on left, cross right over left
7&8 Kick left forward, step on left, hook right behind left

[9-16] Unwind full turn, back sweep x 3, coaster, step

1-2 Unwind full turn right
3-4 Step back on left, as you sweep right back, step back on right as you sweep left back
5 Step back on left, as you sweep right back
6&7 Step back on right, step together with left, step forward on right
8 Step forward on left

[17-24] Pony steps twice, rock & cross, kick & hook Same as counts 1-8

1&2 Step slightly forward on right, step together with left, step slightly forward on right, with both hands down but palms facing up as you pull hands slightly up then back down then back up slightly
3&4 Step slightly forward on left, step together with right, step slightly forward on left, as you bring hands slightly up to chest level with palms up push hands up bring back down to chest level then pump back up
5&6 Rock right to right side, recover on left, cross right over left
7&8 Kick left forward, step on left, hook right behind left

[25-32] Pony steps twice, rock & cross, kick & hook Same as counts 9-16

- 1-2 Unwind full turn right
- 3-4 Step back on left, as you sweep right back, step back on right as you sweep left back
- 5 Step back on left, as you sweep right back
- 6&7 Step back on right, step together with left, step forward on right
- 8 Step forward on left

[33-34] Walk X2

- 1-2 Walk forward right, left

C Pattern

[1-8] Night club basic right & left, kick & behind, unwind 3/4

- 1-2& Step right to right side, step left behind right, cross right over left
- 3-4& Step left to left side, step right behind left, cross left over right
- 5&6 Kick right to right side, step on right, hook left behind right
- 7-8 Unwind $\frac{3}{4}$ turn left

[9-16] Step, arms to sides, pop hands, pop chest, swivel, sailor 1/4

- 1 Step forward on right arms out to sides fingers pointing outwards
- 2 Pop hands forward at wrists
- 3&4 Pop chest forward, back, forward
- 5&6 Swivel right toe, heel, toe towards 12 o'clock
- 7&8 Step right behind left, step left to left making $\frac{1}{4}$ turn left, step right to right side

[17-24] Tut

- 1&2 Bend right elbow so right forearm comes up to extend out in front wrist bent and fingertips pointing down, repeat with left arm, grab back of left wrist with right hand
- 3&4 Bring left hand (with right hand) in across body, extend right arm straight out until right elbow is over top of left hand, bend right arm in at elbow until right arm is over top of left arm (right fingertips should end at left elbow and left fingertips should end at right elbow)
- 5&6 Slide arms apart until fingertips are touching, bring palms together, rotate hands so right goes to the outside and left to the inside with palms still attached at base of hands
- 7&8 Slide hands apart until only top joints of fingers are touching, close fingers so that hands are clasped, keeping fingertips loosely connected slide right hand up and left hand down so that hands separate (as soon as you separate, extend index finger on each hand)

[25-32]

- 1-2 Rotate both hands counter clockwise so that index fingers end touching, dropping left elbow and keeping index fingertips attached and index fingers straight uncurl rest of fingers (keep at right angle to index) rotate until rest of fingertips meet (should make a box)
- 3-4 Keeping fingertips attached drop right elbow and raise right elbow, drop left elbow keeping last three fingers on each hand attached as much as possible (pinkies won't touch)
- &5 Slightly bring right hand away from left, bring right hand back into left touching fingers slightly and take left hand slightly away from right as you extend left middle finger,
- &6 Bring left hand back into right touching left ring finger to right middle finger and bring right hand slightly away from left as you extend right middle finger, bring right hand into left touching tips of ring fingers and take left hand out slightly to left as you extend left ring finger
- &7 Bring left hand into right touching left pinkie to right ring finger and take right hand slightly away from left as you extend right ring finger, bring right hand into left touching pinkies together as you take left hand out to left extending left pinkie
- &8 Bring left palm into right pinkie and taking right hand slightly away from left extending right pinkie, bring right hand into left (ending with palms together)

[33-36]

- 1 Jump up as you bring hands apart
- 2 Land on feet (weight's on left) as hands come back together

3-4 Walk right, walk left

D Pattern:

[1-8] Jump, rock & rock, jump, jump, hitch, bump & bump

- 1 Jump slightly back to the diagonal to the with feet together
- 2&3 Jump forward to the right diagonal as you cross left in front of right as you push pelvic area forward, push pelvic area back, push pelvic area forward. (you should be almost like a rocking motion from knees to waist)
- 4 Jump feet apart
- 5 Jump feet together
- 6 Hitch right
- 7&8 Step down forward on right as you bump hips forward, back, forward

[9-16] Jump full turn, back out out, arms, hitch, step down

- 1&2 Make a full turn back over left shoulder as you hop on right foot twice, ending on left foot
- 3&4 step back on right, step back on left, step out on right
- 5&6 extend left arm out to left on the diagonal down, extend right elbow out to right as you roll right fist down and out to right, roll right fist in and up to like you're making a muscle with your arm
- 7&8 while making a ¼ turn to left bring right hand to back of left hand with open palm, lean back slightly as you hitch left knee while you also bend elbows to slightly bring arms up (arms should travel with knee)

[17-24] ¾ walk around, lift up twice, step down, sailor 1/4

- 1-2-3 make a ¾ turn as you walk right, left, step out on right
- 4&5 shrug shoulders to left, bring to neutral, shrug shoulders to left as you slightly raise right foot
- 6&7 Hold
- 7&8 Step right behind left, step together with left making ¼ turn right, step forward on right

bridge

[1-4]

- 1-2 Look to left, hold
- 3-4 Step left to left, make a ¼ turn to left as you drag right foot into left

[25-32] Tut

- 1&2 Step right foot out to right side as you bring left arm up bent at elbow with left forearm up across chest and lead with right fingertips out in front of body at waist level rolling hand up and back to the right leading with fingers, leading with fingers snake right hand back between left arm and chest, hook back of right fingers behind left elbow
- 3&4 Rotate left arm up still bent at elbow (fingertips should be pointing up), slide back of right hand up to inside of left hand with wrist bent and fingertips pointing down, drop left arm as you straighten right wrist so arms are across body left palm on back of right hand
- 5&6 Take right hand out away from body back in on top of left, flex left wrist so left fingers are pointing down and right fingers are pointing up (right hand still on back of left), rotate both hands toward front so fingertips are pointing away from body (right hand still on back of left)
- &7&8& Pivot ¼ turn left and straighten right wrist, bring right arm slightly back away from left, slide right arm forward so that right hand is on back of left, straighten left wrist as you flex right wrist back, return to previous position

[33-40]

- 1-2 Slide right arm back past body with bent wrist, pivot ½ turn right as you rotate left hand bringing fingertips forward until left palm is on the back of right hand
- 3&4 Rotate left fingers up and right fingers down (hands still connected), take right hand outside and put on back of left, rotate left hand ¼ turn out
- &5&6 rotate right hand ¼ turn out so that right palm is over left fingers, keeping fingertips on back of left rotate right hand ¼ turn down, rotate right hand ¼ turn back up, rotate right hand ¼ turn up

7-8 Bring right hand around so back of right is in palm of left with fingertips facing opposite directions, make ¼ turn left turning palms down

[41-48] Heel grind & step, step, kick & behind, hold, back drag

1&2 Grind right heel, step on left, step on right, step forward on left
3 Step forward on right
4&5 Kick left forward, step on left, hook right behind left
6 Hold
7-8 Take a big step back on right dragging left into right

[49-56] Step together, arms, walk around ½ turn left

1-4 Step left next to right hugging yourself tightly, hold for counts 2,3,4
5-8 Walk around ½ turn left in a semicircle (left, right, left, right)

A 2 Pattern: This is done the 2nd time through the dance

[1-8] Cross rock back rock twice, cross, behind, unwind full turn

1&2& Cross rock left over right, recover on right, rock back on left, recover on right
3&4& Cross rock left over right, recover on right, rock back on left, recover on right
5 Cross left over right 6 Hook right behind left
7-8 Unwind full turn right weight ending on left

[9-16] Side with arm wave, arm & body roll, sailor, step

1-2 Step right to side facing left diagonal as you bring right arm up to chest level, bent at elbow with forearm crossing in front of chest waving right arm from elbow to fingertips as you slightly pull arm to right.
3 Extend both arms out to left diagonal with fingertips extended
4-5 Roll from fingers through shoulders to rest of body
6&7 Step right behind left, step together with left, step right slightly forward
8 Step forward on left

[17-24] Touch step back 4 times, step, step, full turn

1&2& Touch right foot forward, step back on right, touch left foot forward, step back on left
3&4& Touch right foot forward, step back on right, touch left foot forward, step back on left
5&6 Kick right foot forward, step down on right, step forward on left
7-8 Make ½ turn left stepping back on right, make ½ turn left stepping forward on left

[25-32] Body roll, ball step back, body roll, ball step back, walk back x 3, touch

1-2 Body roll back from head to waist
&3-4 Step ball of left together with right, step back on right as you body roll back from head to waist
&5 Step ball of left together with right, step back on right as you body roll back from head to waist
6&7 Step back on left, step together with right, step forward on left
8 Touch right next to left (Note. Yes touch this time so you will be on the right foot for the B pattern)

A 3 Pattern: this is done the 3rd time through the dance

[1-8] Cross rock back rock twice, cross, behind, unwind full turn

1&2& Cross rock left over right, recover on right, rock back on left, recover on right
3&4& Cross rock left over right, recover on right, rock back on left, recover on right
5 Cross left over right
6 Hook right behind left
7-8 Unwind full turn right weight ending on left

[9-16] Side with arm wave, arm & body roll, sailor, step

- 1-2 Step right to side facing left diagonal as you bring right arm up to chest level, bent at elbow with forearm crossing in front of chest waving right arm from elbow to fingertips as you slightly pull arm to right.
- 3 Extend both arms out to left diagonal with fingertips extended
- 4-5 Roll from fingers through shoulders to rest of body
- 6&7 Step right behind left, step together with left, step right slightly forward
- 8 Step forward on left

[17-24] Touch step back 4 times, step, step, full turn

- 1&2& Touch right foot forward, step back on right, touch left foot forward, step back on left
- 3&4& Touch right foot forward, step back on right, touch left foot forward, step back on left
- 5&6 Kick right foot forward, step down on right, step forward on left
- 7-8 Make ½ turn left stepping back on right, make ½ turn left stepping forward on left

[25-32] Body roll, ball step back, body roll, ball step back, walk back x 3, touch

- 1-2 Body roll back from head to waist
- &3-4 Step ball of left together with right, step back on right as you body roll back from head to waist
- &5 Step ball of left together with right, step back on right as you body roll back from head to waist
- 6&7 Step back on left, step together with right, step forward on left
- 8 step forward on right

[33-40] Cross rock back rock twice, cross, behind, unwind full turn

- 1&2& Cross rock left over right, recover on right, rock back on left, recover on right
- 3&4& Cross rock left over right, recover on right, rock back on left, recover on right
- 5 Cross left over right
- 6 Hook right behind left
- 7-8 Unwind full turn right weight ending on left

[41-48] Side with arm wave, arm & body roll, sailor, step

- 1-2 Step right to side facing left diagonal as you bring right arm up to chest level, bent at elbow with forearm crossing in front of chest waving right arm from elbow to fingertips as you slightly pull arm to right.
- 3 Extend both arms out to left diagonal with fingertips extended
- 4-5 Roll from fingers through shoulders to rest of body
- 6&7 Step right behind left, step together with left, step right slightly forward
- 8 Step forward on left

Have fun with this one!!!
