

Workin Day and Night

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate - Pop
编舞者: Sobrielo Philip Gene (SG) - July 2013
音乐: Workin' Day and Night - Michael Jackson : (Album: Immortal-Michael Jackson)



Intro: 48 counts for the scream. On vocals

WALK, WALK, FORWARD SHUFFLE, ROCK RECOVER 1/2, HITCH

1-2 Walk forward right (1), walk forwards left (2)
3&4 step right forward (3), step left beside right (&), step right forward (4),
5&6 Rock left forward (5), recover weight onto right (6) making ½ turn left step left forward (6)
7-8 Step right forward (7), Hitch Left beside right (8) (6.00)

SIDE ROCK CROSS, STEP TOGETHER, SIDE SHUFFLE

1&2 Rock left to left (1), recover weight onto right (&), cross left over right (2)
3&4 Rock right to right (3), recover weight onto left (&), cross right over left (4)
5-6 Step left to left (5), step right beside left (6)
7&8 Step left to left (7), step right beside left (&), step left to left (8) (6.00)

CROSS ROCK STEP, CROSS ROCK POINT, C BUMP with HAND MOVEMENT

1& Cross rock right over left (1), recover weight onto left (&)
2& Rock right back (2), recover weight onto left (&)
3& Cross rock right over left (1), recover weight onto left (&)
4 Point right to right (4)
5&6 Bump hips up to right (5), bump hips left to left (&), bump hips down to right (6)
& Bump hips centre to left (&),
7&8 Bump hips up to right (7), bump hips centre to left(&), bump hips down to right(8) (weight should be on left)

Note: When doing counts 5-8 your hips are doing a letter C, Your hands should be doing a big letter C as well, while you step your fingers on count 5,7

DIAGONAL SHUFFLE, ¼ TURN SHUFFLE KICK BALL STEP, LOOK BACK, LOOK FORWARD

1&2 Step right Diagonally forward (1), step left beside right (&), Step right Diagonally forward (2)(1.30)
3&4 Making 3/8 left step left diagonally forward(3), Step right beside left (&), step left forward(4) (9.00)

Note: Roll hands at chest level on counts 1-4

5&6 Kick right forward (5), step right beside left (&), step left forward (6)
7-8 Look back to the right (7), look front (8) (weight on left) (9.00)

Start

Restarts on walls 3,6,11 Do up to 16 counts and start the dance again.

Contact - E-mail: sphilipg@hotmail.com <http://www.sphilipg.webs.com/>