

Woman's World

COPPER KNOB
BY STEPHEN

拍数: 284

墙数: 1

级数: Phrased High Advanced (Dance-Club/Hip-Hop)

编舞者: Carlton Thompson (USA) - September 2013

音乐: Woman's World - Cher



Sequence: A-B-C-A-B-C-C-D-Tag line-C-C-C

Start on vocals, 16 counts from start of song.

PART A (56 counts)

A1: Step, Cross, Step, Step, ¼ Step Rock, Recover, 1 ½ Turn Right

- 1-2 Step R foot forward, Swing left foot around right foot and step left over right.
3-4 Step R foot back, step left to left side.
5 Step ¼ turn left with right foot.
6 Recover back on left foot and pivot ½ turn right.
7&8 Pivot ½ turn right with right foot, continue to make a ½ turn right while pivoting on left foot, Step forward on right foot. (3:00)

A2: Rock, Recover, Coaster Step, Rock, ¼ turn left Recover, Cross and Cross

- 1-2 Rock left foot forward, Recover back on right foot.
3&4 Coaster step: step left foot back, bring right next to left, step left foot forward.
5-6 Step forward with right foot, ¼ left and recover back on left foot. (12:00)
7&8& Cross right foot over left foot, step left to left side, cross right foot behind left, step left to left side.

A3: Cross Rock, Recover, ¼ Cache Right, Step ½ Turn Right, 1 Full turn Right

- 1-2 Cross rock right foot over left, recover weight back on left.
3&4 ¼ Cache Right: Step R foot to right side, bring left next to right, step ¼ right with right foot.
5-6 Step pivot ½ turn right leading with left foot, step forward on right foot.
7-8 Step pivot ½ turn right leading with left foot, step pivot ½ turn right leading with right foot. (9:00)

A4: Rock, Recover, Coaster Step, Step ½ Turn Left, Step ¼ Turn Left

- 1-2 Rock left foot forward, recover back on right foot.
3&4 Coaster Step: step left foot forward, bring right next to left, step left foot forward.
5-6 Step right foot forward, step pivot ½ turn left weight on left.
7-8 Step right foot forward, step pivot ¼ turn left weight on left.

A5: Cross Left and Right Side Rocks, Recover, Step, Kick

- 1&2 Cross right foot over left, step left foot back in a 45 degree angle, step right foot forward.
3&4 Cross left foot over right, step right foot back in a 45 degree angle, step left foot forward.
5&6 Cross right foot over left, step left foot back in a 45 degree angle, step right foot forward.
7-8 Facing at (2:00): Step left foot forward, kick right leg forward.

A6: Kick, Point Step Back, ½ Turn Left, Kick Ball Point, Kick Ball Point

- 1-2 Kick right leg forward, bring right foot back extended "reach".
3-4 Step left foot back into a toe touch, ½ turn left place weight on left foot.
5&6 Kick right foot forward, place right foot next to left, point left foot to left side.
7&8 Kick left foot forward, place left foot next to right, point right foot to right side.

A7: Step Point Back, ½ Turn Right, ½ Turn Right, Step, ¾ Turn Monterey Swing Left

- 1-2 Step right foot back into a toe touch, ½ turn right placing weight on right foot.

- 3-4 Step left foot forward, step ½ turn pivot and place weight on right foot.
- 5 Step left foot forward
- 6-7-8 Pivot ¾ Monterey swing turn left while weight is on left foot.

PART B (32 counts)

B1: Step ¼ Left (x 4) with Hand and Arm Movement.

- 1-2 Make a ¼ turn left while pivoting on left foot, hold.
- 3-4 Repeat steps 1-2.
- 5-6 Repeat steps 1-2.
- 7-8 Repeat steps 1-2 (12:00)

***Hands and arms will start on your side and gradually go up every two counts, therefore by count 8, arms and hands should be in a Y formation.**

B2: Step ¼ Right (x 4) with Hand and Arm Movement.

- 1-2 Make a ¼ right while pivoting on right foot, hold
- 3-4 Repeat steps 1-2.
- 5-6 Repeat steps 1-2.
- 7-8 Repeat steps 1-2 (12:00)

***Hands and arms will start in a Y formation and gradually go down every two counts; therefore by count 8, arms and hands should be on your sides again.**

B3: Cross Rock, Recover, Step, Hold (x2)

- 1-2 Cross right foot over left, Recover weight back on left
- 3-4 Step right to right side, Hold.
- 5-6 Cross left foot over right, Recover weight back on right.
- 7-8 Step left to left side, Hold.

B4: Step Pivot Full Turn, Chasse, Step Pivot Turn, Chasse

- 1-2 Facing 10:00: Step right foot forward, pivot ½ or ¾ turn left and place weight on left (12:00).
- 3&4 Chasse: Right to right side, bringing left next to right, step right to right side.
- 5-6 Step ¼ right with left foot, make ½ turn and place weight on right foot. (12:00)
- 7&8 Chasse: Left to left side, bringing right next to left, step left to left side.

PART C (32 counts)

C1: Kick, Toe Touch, Drag, Jump, Heel/Toe Swivel, Bounce 3x

- 1-2 High side kick to the left with right leg, toe touch right to right far right side.
- 3-4 Shift weight to right side while dragging left foot towards right foot, jump (keep weight on right foot)
- 5&6 Slightly lift left leg while swiveling right foot: swivel right heel to the left, swivel right toe to left, swivel right heel to left.
- 7&8 Replace weight to left foot and hop 3x on left foot while traveling to right side: hop, hop, hop.

***this is done facing at 45 degree angle (around 2:00)**

C2: Step Half Turn, Kick Ball Step, Rock, Kick Ball Side Step

- 1-2 Step right foot (3:00) forward, Pivot ½ turn left.
- 3&4 Kick right foot forward, place right foot down, step left forward.
- 5-6 Step right foot forward, step left foot forward, ¼ right while toe touch right to right side.
- 7&8 Kick right foot forward, bring right foot to center, step left to left side.

Body Movement: on &,8 body goes right, left.

C3: Right, Left, Right, Left, Right, Lunge Up, Rock Heel Recover

- 1-2 While bending knees step right foot back, step left foot back
- 3&4 While bending knees step right foot back, step left foot back, step right foot back

***Arms: As you step right foot back, right arm will be on your right side in a "flexing position" and your left arm will be flexing to the left side flexing downwards. As you switch to your left leg back, you will flip your arms around; left arm will flex upwards as your right arm will flex downwards. Continue these motions throughout**

steps 1-4*

- 5-6 Push body to a stand upward position while lifting right leg off the ground and your left arm shoots upwards, hold
- &7-8 Release from upward stand position step back on right foot, heel step forward with left foot, bring right foot next to left while weight stays on left.

C4: ¼ Turn Pivot Left x 4, Step Right, ¼ Turn Pivot Right x 4 (With Shoulder Movements)

- 1& Pivot ¼ left leading with right foot while pushing right shoulder down, slightly bring right foot up while bringing right shoulder up.
- 2& Pivot ¼ left leading with right foot while pushing right shoulder down, slightly bring right foot up while bringing right shoulder up.
- 3& Pivot ¼ left leading with right foot while pushing right shoulder down, slightly bring right foot up while bringing right shoulder up.
- 4 Pivot ¼ left leading with right foot while pushing right shoulder down (place weight on right foot.)
- 5& Pivot ¼ right leading with left foot while pushing left shoulder down, slightly bring left foot up while bringing left shoulder up.
- 6& Pivot ¼ right leading with left foot while pushing left shoulder down, slightly bring left foot up while bringing left shoulder up.
- 7& Pivot ¼ right leading with left foot while pushing left shoulder down, slightly bring left foot up while bringing left shoulder up.
- 8 Pivot ¼ right leading with left foot while pushing left shoulder down (place weight on left foot.)

PART D (64 Counts)

D1: Step, Cross, Step, ½ Turn, ½ Turn, Rock, Recover, Step, Step-Slide

- &1-2 Step R foot forward, cross left foot over right, step right foot back.
- 3-4 Step L foot back while pivoting ½ turn left, step right foot forward while pivoting ½ turn left (weight now on right foot).
- 5-6 Rock L foot back, recover forward right foot.
- 7-8& Step L foot forward, take a large right step forward, start to drag left foot to meet with behind right foot.

D2: Drag, Hold, Coaster Step, Rock Recover, Turn And Turn

- 1-2 Continue to drag left foot to meet with behind right foot, hold.
- 3&4 ¼ turn left: step left behind, bring right next to left, step left forward.
- 5 Rock right foot forward.
- 6 Recover back on left foot and pivot ½ turn right.
- 7&8 Pivot ½ turn right with right foot, continue to make a ½ turn right while pivoting on left foot, Step forward on right foot. (3:00)

D3: Rock Recover, Turn, Turn, Turn, Pose, Hips Sway

- 1-2 Rock left foot forward, Recover back on right foot.
- 3-4 *While slightly bending knees: make ½ turn left with left foot, make a ½ turn left with right foot.
- 5-6 Make ¼ turn left with left foot, step right to right side and strike a pose.
- 7&8 Sway hips left, sway hips right, sway hips left.

D4: Drag-together, Turn Drag-together, Drag-together, Drag-together

- 1-2 Drag right foot slowly to left.
- 3-4 Turn 45 degrees to left while stepping right to right side, drag left foot towards right foot.
- 5-6 Step left foot back, drag right towards left.
- 7&8 Step right foot back, slightly drag left foot towards right, then place weight on left foot.

D5: Walk, Walk, Step, Turn-Pose, Step, Pose, Turn Step Pose

- 1-2 Step right foot forward, step left foot forward.
- 3-4 Step right foot forward, pivot ½ turn left while popping left knee and right butt pop.

- 5-6 Step left foot forward, toe touch right foot forward (pop/snap)
7-8 Make ¼ left shifting weight to right side, toe touch left to left side (12:00)

D6: Sway, Snap, Sway, Snap, Sway-Sway, Sway-Sway-Sway/Snap

- 1-2 *bend knees slightly and sway hip to left, snap left hand/fingers.
3-4 *bend knees slightly and sway hip to right, snap right hand/fingers.
5-6 Sway hips left, sway hips right.
7&8 Sway hips left, sway hips right, sway hips left while bringing right leg up pointing 45 degrees right and snapping fingers with both hands forward and arms are parallel with right leg.

D7: Cross Rock Step, Turn Step, Turn Step, Coaster Step

- 1&2 Step right cross behind left foot, Step left at center, Step right to right side.
3-4 Step ¼ left to left side with left foot, step right foot (ball of right foot) forward (9:00).
5-6 Step left center and pivot ½ turn right, step right foot (ball of right foot) forward (3:00)
***weight stays on left foot on count 6.**
7&8 Step right foot back, ¼ turn left with left foot forward, Step right foot forward and quick slide left foot behind right foot (12:00).

D8: Rock Recover (Body Roll), Step Back, Step Back, Rock ¼ Turn Back, Turn, Turn

- &1-2 Place weight on left foot, Rock right foot forward, recover back on left foot.
***Body Roll Forward and back.**
3-4 Step right foot back, step left foot back.
&5-6 Make ¼ right while stepping right foot back, point left foot to left side, turn head left.
7&8 Cross left foot behind right while making ½ turn left, step right foot back making another ½ turn left, step left foot forward while squaring up back to front wall. (12:00)

TAG LINE: 4 Count Free Style Body Roll/Hip Hop Movement

- &1 Step right forward (at 45 degree point or at 2:00), bend upper-body forward towards right knee
2-3 Leading with your left shoulder gradually move upper body to the left for counts 2-3
4 Bring body up keep, weight will be placed onto left foot.

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