

Dynamite

COPPER KNOB
STEPPERS

拍数: 40 墙数: 2 级数: Easy Intermediate
编舞者: Haidan Nelson - September 2013
音乐: Dynamite - Taio Cruz



Count-in: 16 counts

Stomp/clap, (1/4 left) Rock/ recover, 1/2 turn shuffle, Rock /recover

- 1-2 Stomp right foot forward and clap (keep weight on left foot)
3-4 Turning 1/4 left, lunge forward right (punching forward with right fist), recover left foot (9:00)
5&6 Shuffle half turn rotating right - RLR (3:00)
7-8 Lunge forward left (punching forward with left fist), recover on right foot

1/4 left shuffle, Cross and side, Heel lifts, Cross and side

- 1&2 Rotating left, 1/4 left shuffle - LRL (12:00)
3&4 Cross R/L, recover left, step right next to left
5-6 Both heels up, down
(Shoulders move forward and up when heels go up; return to normal when heels go down)
7&8 Cross left foot over right, recover right foot, step left next to right

Heel lifts, Handwork, Moon Walk Back

- 1-2 Both heels up, down
(Shoulders move forward and up when heels go up; return to normal when heels go down)
3-4 Palm of right hand on left shoulder (looking left), Brush hand out and down
5-6 Palm of left hand on rt shoulder (looking right), Brush hand out and down
7-8 Moon walk back right foot
(Lift right heel and drag toe backwards, lower heel and switch weight to right foot)

Moon Walk Back, Cross/unwind, Back/drag & clap x2

- 1-2 Moon walk back left foot
(Lift left heel and drag toe backwards, lower heel and switch weight to left foot)
3-4 Cross right over left and unwind 1/2 turn rotating left; weight to the right foot (6:00)
5-6 Step left big back at rear left diagonal, drag right foot together & clap
7-8 Step right big back at rear right diagonal, drag left foot together & clap

Brush knee x 2, Hip bumps or roll

- 1-2 Step forward left on left diagonal, Brush inside of left leg toward knee w/left hand
3-4 Step forward right on right diagonal, Brush inside of right leg toward knee w/right hand
5-8 (Shift weight back onto left foot) Bump left hip back four times

Repeat

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