

Devil You Know (part 1 - Intermediate)

COPPER KNOB
BY STEPHEN BRETTS

拍数: 48 墙数: 4 级数: Intermediate - (Jive/Lindy Hop mix)
编舞者: Kim Nolan (UK) - October 2013
音乐: Better the Devil You Know - SONIA : (Album: Eurovision Party Soundtrack)



Intro: 32ct Start on main lyrics (Baby)

Side Shuffle, Back Cross Rock, Side Shuffle, Back Cross Rock

(styling: lots of light bounce on balls of feet, dance Shuffles with a rocking motion, and to emphasise the Rocks, lift the other knee up as you rock back)

1&2 Step R to side, Step L together, Step R to side
3-4 Rock back crossing L behind right (on slight L diag), recover stepping right in place
5&6 Step L to side, Step R together, Step L to side
7-8 Rock back crossing R behind left, (on slight R diag), recover stepping left in place

Side - Cross Toe Touch - Side - Cross Toe Touch - Fwd Rock(Break) - Kick Ball Change

(styling: on ct1 push right arm down as you step on R, then on ct3 push left arm down as you step on L, then on ct7 as you kick, pat both palms of hands down - imagine you are hitting a Yo-Yo, this should give the effect of Tap dancing through this section)

1-4 Step R Side, Touch L Toe behind right heel, Step L Side, Touch R Toe behind left heel
5-6 (Sharp Drop) Rock fwd on R foot,(lift L foot up resembling a Break),Recover (weight to L)
7&8 Kick R fwd, change weight & Step on ball of R, change weight & Step onto Left

(Jive) Touch, Flick, Sailor Step, Touch, Flick, Sailor Step

1-2 Touch R in place, Flick R out to right diagonal
3&4 Step R behind left, Step L to side, Step R back into place
5-6 Touch L in place, Flick L out to left diagonal
7&8 Step L behind right, Step R to side, Step L back into place

Back Cross Rock, Turning Shuffle, Back Cross Rock, Turning Shuffle

1-2 Rock back on R crossing R behind left, recover with weight change to L in place
3&4 ½ Shuffle Turn to the left stepping right, left, right (6:00)
5-6 Rock back on L crossing L behind right, recover with weight change to R in place
7&8 ½ Shuffle Turn to the right stepping left, right, left (12:00)

(Restart routine after ct 32 on Wall 4 at 12:00, music 1m 20s)

Side -Touch - Side - Touch - Diag. Back Step - Touch - Side -Touch (click fingers on Touches)

1-4 Step R to side, Touch L together/click fingers, Step L to L side, Touch R tog/click fingers
5-6 (styling: bend fwd slightly during cts 5-8) Step back on R diag., Touch L tog/click fingers
7-8 Step L to L side, Touch R together/click fingers

(Boogie Backs) Back Travelling Kick Ball Change x 2, Fwd Rock (Break), Recover, Kick Ball Change, Turn
(styling: Bend fwd & flex knees clicking fingers fwd during Travelling Kick Ball Changes (Boogie Backs), as in the style of Lindy Hop. (Tip! to remember to bend fwd & flex, say to yourself, e.g. for (ct1) BOO/kick - (ct&) GIE/ball - (ct2) BACK/change). Then on ct 7 as you Kick, pat both palms of hands down - imagine you are hitting a Yo-Yo)

1&2 (Bend fwd & flex knees) Kick R fwd (& click fingers fwd on kick), Step back on ball of R, Step back on L ball of foot next to right
3&4 Repeat 1&2
5-6 (Sharp Drop) Rock fwd on R foot (lift L foot up resembling a Break), Recover (weight to L)
7&8&& Kick R fwd, change weight & Step on ball of R, change weight & Step onto Left, then quick ¼ Turn right (weight on left) to start dance again

(Tag: danced once after ct 48&, facing start of Wall 6 at 12:00, music 1m 56s)

Start again

1 Restart (after ct 32 on Wall 4 at 12:00, music 1m 20s)

Tag 4ct. (after ct 48&, at start of Wall 6 at 12:00, music 1m 56s)

Side - Cross Toe Touch/click fingers - Side - Cross Toe Touch/click fingers

1-2 Step R Side, Touch L Toe to back of right heel & click fingers,

3-4 Step L Side, Touch R Toe to back of left heel & click fingers

(Styling tip: this dance is fast!, full of energy & bounce. To achieve maximum oomph & fun effect, think Jive/Lindy Hop, try dancing the Jive, Shuffles & Kick Ball Change sections on the balls of the feet as much as possible, there you go, did you feel the difference?)

Alternatively, if you fancy dancing to the same music but with half as many steps counting every other beat (80 BPM) therefore, at a slower pace, why not try my Beginner dance Devil You Know (part 2 Beginner) it has a touch of a slow Charleston. Any questions feel free to contact me on the email address below)

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Email: thekimbodukers@hotmail.co.uk

Happy Dancing everyone!
