

On The Floor

COPPER **KNOB**
BY STEPHEN METZ

拍数: 40 墙数: 4 级数: Advanced Beginner
编舞者: William Sevone (UK) - June 2019
音乐: Out On the Floor - Dobie Gray



Choreographers note:- 'Out on the floor' – as perennial as the grass and can be found on many compilations. This script contains the popular styling and alternate steps created by the Choreographer and are now an integral part of the dance wherever it is taught and performed. Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'. Dance starts on the vocals with feet together and weight on the left foot.

Fwd Press. Recover. 3x Bwd Toe Struts (12:00)

- 1 - 2 Press right forward. Recover onto left.
- 3 - 4 Step backward onto right toe. Drop right heel to floor.
- 5 - 6 Step backward onto left toe. Drop left heel to floor.
- 7 - 8 Step backward onto right toe. Drop right heel to floor.

Styling: □ Counts 3-8: Alternate 'military' finger clicks

Optional: □ ALL walls AFTER the first...

Counts 1&2: Press right foot forward, hook left foot high behind right leg, recover onto left.

Bwd Press. Recover. 3x Fwd Toe Struts (12:00)

- 9 - 10 Press backward onto left. Recover onto right.
- Styling: □ Count 9: Bending at left knee - step back onto left with left arm down and right arm up.
- 11 - 12 Step forward onto left toe. Drop left heel to floor.
- 13 - 14 Step forward onto right toe. Drop right heel to floor.
- 15 - 16 Step forward onto left toe. Drop left heel to floor.

Styling: □ Counts 11-16: Alternate 'military' finger clicks

Cross Touch. Turning Kick and Side. Weave. Diagonal Toe Touch (3:00)

- 17 - 18 Cross touch right over left foot. Start to turn ¼ right whilst flick kicking right foot forward.
- 19 - 20 Complete ¼ turn right by stepping right to right side. Cross left over right.
- 21 - 22 Step right to right side. Cross left behind right.
- 23 - 24 Step right to right side. Turn diagonally right & with left knee bent slightly forward - touch next to right clicking left fingers.

2x Side-Diagonal Toe Touch. Side 1/4 Fwd. Fwd x3 (12:00)

- 25 - 26 Step left to left side. Turn diagonally left & with right knee bent slightly forward – touch next to left clicking right fingers
- 27 - 28 Step right to right side. Turn diagonally right & with left knee bent slightly forward - touch next to right clicking left fingers

Dance Tip: □ Counts 24,26 and 28 are similar to 'Elvis Knees'

- 29 - 30 Turn ¼ left & step forward onto let. Step forward onto right.
- 31 - 32 Step forward: Left-Right.

Optional: □ Counts 31-32: Forward full left turn.

Weave. Side. Diagonal Heel. Together. 1/4 Fwd. Fwd (9:00)

- 33 - 34 Cross left over right. Step right to right side.
- 35 - 36 Cross left behind right. Step right to right side
- 37 - 38 Touch left heel diagonally forward left. Step left next to right.
- 39 - 40 Turn ¼ left and step forward onto right. Step forward onto left.

Optional: □

- &37&38 Flick kick left diagonally left, with fwd hitched knee - hook left across front of right, with fwd hitched knee flick kick left to left side, turn ¼ left & kick left backward.
- 39& 40 Step forward onto left, step ball of right next to left, step forward onto left.

Other suggested music:

Barbara Mills - Queen of fools (126 bpm)

Trammps - Disco inferno (130 bpm)

Billy Butler - The right track (132 bpm)

Bill Blacks Combo - Little Queenie (143 bpm)

Tony Clarke - Landslide (144 bpm)

Al Wilson - The Snake (148 bpm)

Gloria Jones - Tainted love (162 bpm - sheer madness)

Jackie Wilson - The 'Who Who' song (174 bpm - sheer suicide)
