

Sweet Like Sugar!

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - September 2014
音樂: Sugar - Maroon 5 : (Album: V 2014 - .)



#16 count intro, start dancing after the words`Ah`Ah (07 sec). (No Tags, No Restarts).

Sec 1. 1-8: Out, Out, Back, Cross, Back, Back, Down, Up.

1-4 Step Rt out to right, step Lt out to left, step Rt slightly back, cross Lt over Rt.
5-8 Step Rt back, step Lt back, dip body down, coming up weight onto Lt.

Sec 2. 9-16: Heel grind ¼ R, Back, L Touch Fwd, ½ R, R Touch Fwd, R Hip Push Fwd.

1-4 Heel grind with Rt (toes from left to right) turn ¼ right (3) step Lt back, step Rt back, touch Lt forward.
5-8 Turn ½ right (9) step Lt back in place, touch Rt fwd, push R hip fwd, replace weight onto Lt.

Sec 3. 17-24: Side Rock, Recover, R Hip Push Fwd, Step, ¼ R, Back, Back, Hitch.

1-4 Rock Rt to the right, recover Lt, touch Rt fwd push R hip forward, replace weight onto Lt.
5-8 Step Rt fwd, turn ¼ right (12) step Lt back, step Rt back, hitch L knee up.

Sec 4. 25-32: Step, ¼ L, Side, Back, Hitch, Fwd Rock, Recover, 1/8 R, Walks Fwd R-L.

1-4 Step Lt fwd, turn ¼ left (9) step Rt back, step Lt back, hitch R knee up.
5-8 Rock Rt fwd, recover on Lt, turn 1/8 right walk Rt fwd, walk Lt fwd.

Sec 5. 33-40 Fwd Rock, Recover, 1/8 R, Side Rock, Recover, Behind, ¼ L, Step, ¼ L, Side, Touch.

1-4 Rock Rt forward, recover on Lt, turn 1/8 right (12) rock Rt to the right, recover on Lt.
5-8 Step Rt behind Lt, turn ¼ left (9) step Lt slightly fwd, turn ¼ left (6) step Rt to the right, touch Lt next to Rt

Sec 6. 41-48: Side, Hold, Together, Side, Heel, Side, Rising Knee lift L, ¼ L, Side, Rising Knee Lift R.

1-2 Step Lt to the left, Hold.
&3-4 Step Rt next to Lf, step Lt to the left, touch R heel fwd holding weight onto Lt.
5-6 Step Rt big to the right, L rising knee lift fwd.
7-8 Turn ¼ left (3) step Lt slightly fwd, R rising knee lift fwd.

Sec 7. 49-56: Step, Side, Behind, ¼ L, Step, ½ Pivot L, Replace, L Knee Push Fwd, Replace.

1-4 Step Rt fwd, step Lt to the left, step Rt behind Lt, turn ¼ left (12) step Lf slightly fwd.
5-8 Step Rt fwd, turn ½ left (6) take weight onto Lt, take weight back on Rt, push L knee fwd, replace on Lt.

Sec 8. 57-64: Step, Side, Behind, ¼ L, Step, ½ Pivot L, Together, Bending Knees, Upper Body Roll.

1-4 Step Rt fwd, step Lt to the left, step Rt behind Lt, turn ¼ left (3) step Lf slightly fwd.
5-8 Step Rt fwd, turn ½ left (9) take weight onto Lt, step Rt next to Lt bending knees, coming up with a upper bodyroll.

Start Again and have fun!

Contact: smoothdancer79@hotmail.com