

No Treble

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sobrielo Philip Gene (SG) & David Hoyn (AUS) - September 2014
音樂: All About That Bass - Meghan Trainor



(1-8) SIDE TOGETHER, SIDE SHUFFLE, ROCK RECOVER, 1/4 SHUFFLE FORWARD.

1, 2 Step right to right(1), step left beside right(2),
3&4 Step right to right(3), step left beside right(&), step right to right(4)
5, 6 Rock left forward (5), recover weight onto right(6)
7&8 Making 1/4 left step left forward(7), step right beside left(&), step left forward(8)(9:00)

(9-16) JUMP, HOLD, SLAP SLAP, HIP BUMPS, BACK CROSS, APART

&1,2 Jump right forward to right(&), step left to left(1), hold(2) (feet apart)
3,4 Using right hand slap right hip or butt(3), using left hand slap left hip or butt(4)
5, 6 Bump hips to right(5), bump hips to left(6)
&7&8 Step right back and cross left forward(&7)Step right to right step left to left (&8) (feet apart weight on left)

(17-24) TOE STRUTS, PIVOT 1/4 CROSS, ROCK RECOVER CROSS,

1, 2 Touch right toe forward (1)step right down (2)
3, 4 Touch left toe forward (3) step left down(4)
5&6 Step R forward(5) Pivot 1/4 L(weight on left)(&) Cross R over Left(6)(6:00)
7&8 Rock L to L side(7) recover weight onto right (&) Cross L over R (8)(6:00)

(25-32) STEP SIDE HOLD, STEP TOGETHER & TOUCH, HIP GRIND WITH ATTITUDE

1, 2 Step right to right Side (1) Hold (2)
&3,4 Step left beside right(&) Step right to right side(3) Touch left beside right (4)
5-8 Grind hips anti-clockwise 4 counts as you do hip roll place hands in front right hand over left palms facing down around waist height and add attitude

(33-40) STEP FORWARD, 1/2 TURN STEP BACK, COASTER X2

1, 2 Step right forward(1), making 1/2 right step left back(2),
3&4 Step right back(3), step left beside right(&), step right forward(4)(12:00)
5, 6 Step left forward, making 1/2 left step right back(6)
7&8 Step left back(7), step right beside left(&), step left forward(8)

(41-48) V STEP, HEEL GRIND(slightly traveling to left)

1, 4 Step R forward to R diagonal 45 deg(1), step L forward to L diagonal 45 deg(2), step R back to centre(3), step L beside (4),
5, 6 Grind right heel, in front of/slightly crossed over left as you twist hips clock wise, step left to left side
7, 8 Grind right heel, in front of/slightly crossed over left as you twist hips clock wise, step left to left side

(49-56) RIGHT CROSS ROCK, LEFT CROSS ROCK, STEP 1/2 TURN, WALK RIGHT LEFT

1,2& Rock right over Left (1) recover weight onto left (2) step right to right side (&)
3,4& Rock left over right (3) Recover weight onto right (4) step left to left side (&)
5, 6 Step fwd. on right (5) making 1/2 turn left step left fwd. (6) (12:00)
7,8 Walk fwd. right, left (12:00)

(57-64) RIGHT/LEFT STEP BALL STEP, 1/4 TURN STEP BALL STEP

1&2 Step right to right(1), step left beside right(&), step right in place(2) ,
3&4 Step left to left(3), step right beside left(&), step left in place(4)
5&6 Making 1/4 left step right to right(5), step left beside right(&), step right in place(6) (9:00)

7&8 Step left to left(7), step right beside left(&),step left in place
During All 3 Shuffles, Keep Them Small & Bounce Hips

No Tags

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