

FUnK U Up

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Junior Willis (USA), Brandon Zahorsky (USA), Scott Schrank (USA) & Sandy Rohrback Garrish (USA) - November 2014
音樂: Uptown Funk (feat. Bruno Mars) - Mark Ronson : (iTunes)



Phrasing: 32-Count Into. 17 seconds in. Tag at the end of second rotation. □

[1-8] BACK, BACK, COASTER STEP, KICK-BALL-STEP, WALK, TOUCH

1-2 Step R ft back (1), Step L ft back (2)
3&4 Step R ft back (3), Close L ft next to R ft (&), Step R ft forward (4)
5&6 Kick L ft slightly forward (5), Step down on ball of L ft (&), Step R ft forward (6)
7-8 Walk forward on L ft (7), Touch R toes next to L ft (8)

[9-16] □BUMP UP, BUMP DOWN & KICK-BALL-POINT, KICK-CROSS-KICK-BALL-CROSS, STEP

1&2& Bump hips right and up (1), Bring hips center (&), Bump hips right and down (2), Bring hips center (&)
3&4 Kick R ft forward (3), Step down on ball of R ft (&), Point L toes left (4)
5&6 Kick L ft low and slightly left (5), Cross hitch L ft over R ft (&), Kick L ft low and slightly left (6)
&7-8 Step down on ball of L ft (&), Cross step R ft over L ft (7), Step L ft left and slightly forward (8)

[17-24] SAILOR RIGHT, SAILOR 1/4 TURN, STEP, PIVOT 1/2, LONG STEP, TOUCH

1&2 Step R ft behind L foot (1), Step L ft slightly left (&), Step R ft diagonally right (2)
3&4 Step L ft behind R foot (3), Make 1/4 turn left stepping R ft to L ft (&), Step L ft forward (4) (9:00)
5-6 Step R ft forward (5), Pivot 1/2 turn left on balls of feet (6) (Weight the L foot) (3:00)
7-8 Step R ft forward and long (7), Touch L toe next to R foot (8)

[25-32] □MAMBO STEP, BACK, BACK, BEHIND-STEP-STEP-BEHIND-STEP-TURN-TOUCH

1&2 Rock forward on L foot (1), Recover weight to R foot (&), Step L ft back slightly past R ft (2)
3-4 Step R ft back (3), Step L ft back (4)
5&6& Step R ft behind L ft (5), Step L ft forward (&), Step R ft forward (6), Step L ft behind R ft (&)
7&8 Step R ft forward (7), Make 1/4 turn right stepping L ft left (&), Touch R toes next to L ft (8) (6:00)

[33-40] □KNEE OUT, HOLD, IN-OUT, STEP, JAZZ BOX WITH CROSS

1-2 Touch R toes right with R knee bent (1), Hold (2)
&3-4 Twist R knee in (&), Twist R knee out (3), Step down on R ft (4)
5-8 Cross step L ft over R ft (5), Step R ft back (6), Step L ft left (7), Cross step R ft over L ft (8)

[41-48] BODY ROLL, SHOULDER SWITCHES, STEP, ROCK FORWARD, STEP BACK, 1/4 TURN LEFT

1-2 In two counts, lead with your left shoulder and step L ft left (1-2) (R shoulder is down)
&3-4 Bring R shoulder up and L shoulder down (&), Bring R shoulder down and L shoulder up(3)
Bring R shoulder up and L shoulder down (4) (Bring shoulders level before next sequence)
5-8 Step down on R ft (5), Step L ft forward slightly over R ft (6), Step back on R ft (7), Make 1/4 turn left □stepping L foot left (8) (3:00)

[49-56] □STOMP RIGHT, HOLD, BOUNCE-BOUNCE-BALL-CROSS, ROCK, 1/4 TURN, STEP PIVOT 1/2

1-2 Stomp R ft right (1), Hold (2),
&3&4 Bend knees bouncing down on heels (&), Repeat (3), Step down on ball of R ft (&), Cross L ft over R ft (4)
5-6 Rock R ft slightly right (5), Make 1/4 turn left stepping L ft forward (6) (12:00)
7-8 Step R ft forward (7), Pivot 1/2 turn left on balls of feet (8) (Weight is on the L ft) (6:00)

[57-64] □ BALL-SLIDE, BALL-WALK, WALK, ROCK, RECOVER, SIDE-ROCOVER-BACK

- &1-2 Step ball of R ft back (&), Step L ft back long (1) Slide R ft back past L ft (2)
&3-4 Step down on ball of R ft (&), Step L ft forward (3), Step R ft forward (4)
5-6 Rock forward on L ft (5), Recover weight to R ft (6)
7&8 Rock L ft left (7), Recover weight to R ft (&), Step L ft slightly back (8)

Start the dance again!

Tag: After the second full rotation, add the following 16 counts:

[1-8] □ BACK, BACK, COASTER STEP, OUT, OUT, BACK-BALL-HEEL

- 1-2 Step R ft back (1), Step L ft back (2)
3&4 Step R ft back (3), Close L ft next to R ft (&), Step R ft forward (4)
5-6 Step L ft diagonally left (5), Step R ft diagonally right
7&8 Step L ft slightly back (7), Step ball of R ft next to L ft (&), Touch L heel diagonally forward (8)

[9-16] □ HOLD-BALL-TOE-BALL-HEEL-BALL-STEP, ROCK, RECOVER, 1/2 TURN LEFT

- 1&2& HOLD (1), Step L ft home (&), Touch R toes to instep of L ft (2), Step R foot slightly back (&)
3&4 Touch L heel diagonally forward (3), Step L ft home (&), Step R ft slightly forward (4)
5-6 Rock L ft forward (6), Recover weight to R ft (6)
7-8 Pivot 1/2 turn left on ball of R ft stepping forward on L ft (7), Touch R toes next to L (8)

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