

What U See Is What U Get

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Lori Manary (USA) - December 2009
音樂: What U See Is What U Get - Daniel Smith : (iTunes)



Start with Vocals

Pattern of dance: 32, 32, 32, 32, 32, 1st Tag/Repeat 17-28, Restart/32, 32, 32, 32, 32, 2nd 4ct Tag/Repeat 29-32, Restart/32's till music ends

TRIPLE R (R,L,R) ½ TURN TO R, TRIPLE L (L,R,L) ½ TURN TO R, TRIPLE R (R,L,R) HIP SWAY L/R

- 1&2 Side Step R (1), Step L next to R (&), Side Step R (2), R takes weight
3&4 ½ turn right transferring weight to L, Step L (3), Step R next to L (&), Side Step L (4), R takes weight
5&6 ½ turn right, transferring weight to R, Side Step R (5), Step L next to R (&), Side Step R (6), end with weight even
7, 8 Sway L hip to L (7), Sway R hip to R (8), R takes wt (12:00)

¼ TURN TRIPLE STEP (L,R,L) STEP OUT OUT R/L, 2 KNEE POPS W/HEEL LIFTS, SMALL SWEEP ¼ TURN R

- 9&10 With weight on R, ¼ pivot turn to L, Step L (9), Step R next to L (&), Side Step L (10), L takes weight
11,12 Step R slightly forward and out to R side (11), step L slightly forward out to L side (12), end on even weight
13,14 Lift both heels up/down (13), lift both heels up/down (14), at the same time popping both knees, R takes wt
15,16 Pivoting ¼ turn on R while sweeping L around (15), step L next to R (16), L takes wt (12:00)
(Note: bending arms at the elbow, raise and lower hands from hip up to waist level of body, (up and down) in sync with the heel pops - to accent knee pops)

TRIPLE FORWARD (R,L,R), TOUCH L HEEL FORWARD, TOUCH L TOE BACK, TOUCH L HEEL TO L SIDE, HEEL DIG ¼ TURN L, COASTER STEP (L,R,L)

- 17&18 Step R forward (17), Step L next to R (&), Step R forward (18), R takes weight
19, 20 Touch L heel forward (19), touch L toe back (20), keeping weight on R
21,22 Touch L heel slightly out to L side (21), heel dig ¼ L, while pivoting on R (22)
23&24 Step L back (23), step R next to L (&), step L forward (24), L takes weight (9:00)

2 HIP ROLLS 1/8 TURN TO L, 2 SAILOR STEPS, L,R

- 25, 26 Touch R ball of toe slightly forward (25), make 1/8 hip roll to L (26)
27, 28 Step slightly forward with R (27), make a 1/8 hip roll turn to L using R toe to turn body (28) L takes wt
29&30 With weight on L Step R slightly behind L(29), L ball change(&), step to R (30), R takes wt
31&32 With weight on R Step L slightly behind R (31), R ball change(&), step to L (32), L takes wt (6:00)

First Tag: At the end of the 5th wall, Repeat steps 17-28, then Restart the top of the dance

Second Tag: At the end of the 10th wall, Repeat steps 29-32, which means you'll be repeating the sailor steps, then you do the dance till the song ends.