

Heng Ong Huat

COPPER KNOB
BY STEPHEN

拍數: 144 牆數: 1 級數: Phrased Intermediate Sportive
編舞者: Yeoh Soo Choon (MY) & Jenny Lin Hui Chin - February 2015
音樂: Prosperity of Allegiance (興旺發) - Lee Seung (李升忠)



Sequence : (A - B - C - C - Tag 1 - D - Tag 2 - B) x 2 , B - B - Ending Pose □

Starts at once □

Part A - 32 Counts □ □

A1: (Side Step L, Touch R, Side Step R, Touch L) x 2 □

1 -2 Step L to L, touch R beside L
3- 4 Step R to R, touch L beside R
5 -6 Repeat 1 - 2
7 -8 Repeat 3 - 4 (12.00)

(Hands styling : Hold fists, both hands move up & down at shoulder level Synchronize with feet movement)

A2: Heel Bounces / 4 cts L Sway, Heel Bounces/ 4 cts R Sway □

9 - 16 Step L to L & bounces both heels for 8 counts. (12.00)

(Hands styling : Draws figure of "8" from R to L with upper body Slightly sway to L & R i.e 4 cts to L & 4 cts to R)

A3: (Side Step L, Touch R, Side Step R, Touch L) x 2 □

17 - 24 Repeat 1 - 8 (12.00)

A4: (Side Step L, Touch R, Side Step R, Touch L) x 2 □

25 - 26 Step L to L, touch R beside
27 - 28 Step R to R, touch L beside R (12.00)

(Hands styling : Draw Figure of " S " with both hands at eyes level from R & tap both on thigh on count 28

29 - 32 Repeat 25 - 28 (12.00)

Part B - 48 Counts □ □

B1: 3 R Hops, Tog, 3 L Hops, Tog □

1 - 2 - 3 Step R to diagonal forward R & hop 3 times with both hands spread Out. (Figure "V")
4 Feet together & clap
5 - 8 Repeat 1-2-3-4 on L (Mirror Image) 12.00

B2: 3 Hip Bumps, Hold, Toe Switches, Hold □

9 -10 -11 Step R slightly back to R & bump R hip 3 times. (12.00)
12 Hold (Weight on R.)
&13&14&15 Bring L beside R, touch R toe to R, step R beside L, touch L toe to L, step L beside R,
16 touch R toe to R, Hold (12.00)

(Hands styling : Hold fists & swing both arms to LRL on count 13-14-15)

B3: 3 L Hop / Hitch R, Tog, 3 R Hop / Hitch L, Tog □

17 - 18 - 19 Hop on L 3 times

Hand Styling : Arms on both sides, palm up, Raise & flick both hand from low to high

20 Step R beside L. (Both hands circle down to sides)
21 - 24 Repeat 17-18 -19 - 20 on R (Mirror Image) 12.00

B4: Side Step R, Hold, Side Step L, Hold, Hitch R, Knee Arch, Side Step R □

25 - 26 Step R to R, Hold (Bring R arm to shoulder height R, palm down, Look R
27 - 28 Step L to L, Hold (Facing 10.30, Pop R knee inward, weight on L)

(Hand Styling : Hold both fists & bring both arms in front of chest)

29 - 30 - 31 Hitch R knee toward L , use R knee to draw an arch from inner to outer on cts 30 & 31
32 Step R to R (12.00)

(Hand Styling : Cross & stretch both arms up with opened palms on count 29 & circling down to both sides on count 30 -31 -32)

B5: Alternate R & L Punches, R Arm Lift, Alternate L & R Punches,L Arm Lift □

33&34 Feet apart, Punch RLR (Bend Knees up & down during punches)
35 - 36 Squat & knees up, lifting R arm from bottom to the top. (12.00)
37 - 40 Repeat 33 - 36 on L (Mirror Image) 12.00

B6: Throw, Hold, Hold, Hold, Diagonal R Kick, R Jazzbox Touch □

41 - 44 Feet apart, throw both arms to the air (count 41) & hold for 3 cts
45 Slightly bend upper body to R, hop L & kick R to diagonal R with both arms throw to air
46 - 47 - 48 Cross R over L, step back on L, touch R beside L (12.00)

Part C - 32 counts □ □

C1: Diagonal Forward R, Hitch L, Cross L, Brush R, Step Touch Step RLR, Step Touch Step LRL □

1 - 2 Step R to diagonal forward R, Hitch L knee & push R arm up (1.30)

3 - 4 Cross L over to R, brush R beside L (Squared to 12.00 on count 4)

5 & 6 Facing 10.30, Step R to R, touch L beside R, Step R in place

(Hand Styling : Bend R elbow at shoulder level starting down-up-down)

7 & 8 Facing 1.30, Step L to L, touch R beside L, Step L in place

(Hand Styling : Bend L elbow at shoulder level starting down-up-down)

C2: Back Step R, Sweep/Drag L, Back Step L, Touch R, Out, Out, Knee Pop RLR □

9 -10 Squared to 12.00, Big step back on R, Sweep / drag L towards R

11-12 Back step on L, touch R beside L

13-14 Step R to R, Step L to L

15 & 16 Pop knee RLR (12.00)

(Hand Styling : Push RLR arms up & down during knees pop.)

C3: R Weave, Diagonal L Kick, L Weave, Diagonal R Kick □

17 -18 - 19 Step R to R, Cross L Over R, Step R to R

20 Swivel on ball of R, kick L to diagonal L (10.30)

21 - 24 Repeat on L (Mirror Image) 1.30

C4: Step Touch Step RLR, Step Touch Step LRL, Stomp / Lunge R, 3 Heel Bounces □

25 & 26 Squared to 12.00, Step R to R, touch L beside R, Step R in place

(Hand Styling : Swing R hand over head & L hand down to R thigh)

27 & 28 Step L to L, touch R beside L, Step L in place (12.00)

(Hand Styling : Swing L hand over head & R hand down L thigh)

29 Stomp & lunge R to diagonal R with both hands stretches to diagonal R

30 - 31 -32 Bounces R heel 3 times & bring both hands down (1.30)

Part D - 32 Counts □ □

D1: Kick R, Back Step R, Kick L, Back Touch L, Knees Bend x 2 □

1 Kick R to R (Hand Styling : Push both hands up) 12.00

2 Step R behind L (Hand Styling : Close both palms on chest level)

3 Kick L to L (Hand Styling : Push both hands up)

4 Touch L behind R (Hand Styling : Close both palms on chest level)

5 - 6 Bend both knees up & down, weight on L

(Hand Styling : Close both palms on chest level)

7 - 8 Repeat 5 - 6 (12.00)

D2: Side Step R, Hold/Pose, Side Step L, Hold/Pose, Side Step R, 3 Hip Bumps □

9 -10 Step R to R, Hold (Raise R hand & point R index finger to diagonal R)

11 - 12 Step L to L, Hold (Bring R hand down to L & point R index finger to floor)
13 - 16 Step R to R, weight on R & bump hip 3 times
(Hand styling : Raise R hand to chest level & draw R index finger from L to R during hip bumps)

D3: Diagonal Forward L, Hold, Forward Step R, Hold, L Rocking Chair□

17 - 18 Step L to L diagonal (Dip Knees), Hold (10.30)
(Makes "Heart Shape" in front with both thumbs & index fingers)
19 - 20 Squared to 12.00, Step R forward, Hold. (Place R palm onto L chest)
21 - 24 L Rocking Chair LRLR (Point R index finger to the sky) 12.00

D4: Sweep & Cross L, Back Step R, Side Step L, Hold, Knees Bend, R Arm Raise□

25 - 26 Sweep L from back to front & cross L over R, Step Back on R
27 - 28 Step L to L, Hold
29 Bend both knees (R hand down, place L palm on the bend of R elbow)
30 -31 -32 Stand up & raise R arm.

Tag 1: 4 Counts □

Out, Out, In , In□

1 - 2 Step R to forward diagonal R, Step L to L
3 - 4 Step R back to center, Step L beside R

Tag 2: 4 Counts□

1 - 4 Hops & hits R arm to the air 4 times

Ending : You can use the last 4 cts of PART B to gather everyone to center & pose.□

Enjoy & have fun !!!!!□

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