

Pop Music 101

COPPER KNOB
STEPSHEETS

拍數: 112 牆數: 2 級數: Phrased Intermediate / Advanced
編舞者: Brenna Stith (USA) - February 2015
音樂: Pop 101 - Marianas Trench



#32 count intro - Sequence: A B A, A B A, C C, A B

Part A- 64 counts

A1: WIZARD STEP X2, STEP, STEP, ¼ TURN PIVOT, CROSS

1 2 & Step R fwd to R diagonal, Lock L behind R, Step slightly fwd on R
3 4 & Step L fwd to L diagonal, Lock R behind L, Step slightly fwd on L
5 6 7 8 Step fwd on R, Step fwd on L, Make a ¼ turn placing weight onto R, Cross L over R

A2: KICK BALL CROSS X2, SIDE ROCK RECOVER ¼ TURN, FULL TURN

1 & 2 Kick R fwd, Step R back beside L, Cross L over R
3 & 4 Kick R fwd, Step R back beside L, Cross L over R
5 6 Rock R to side, Make a ¼ turn R recovering onto L
7 8 Make a ½ turn R stepping fwd on R, Make a ½ turn R stepping back on L

A3: ¼ TURN, DRAG, BALL CROSS, ¼ TURN, ½ TURN WITH HIP BUMP X2

1 2 Make a ¼ turn R taking a long step with the R to the side, Drag L into R
& 3 4 Step in place on ball of L, Cross R over L, Make a ¼ turn L stepping fwd on L
5 6 Make a ¼ turn L touching R beside L and pushing hip R, Make a ¼ turn L stepping back R
7 8 Make a ¼ turn L touching L beside R and pushing hip L, Make a ¼ turn L stepping fwd L

A4: OUT, OUT, IN, IN, BALL CROSS BEHIND, UNWIND ½ TURN

1 2 3 4 Step R out to side, Step L out to side, Step R in, Step L in
& 5 Step R to side, Cross L behind
6 7 8 Make a ½ turn L by unwinding for 3 counts and placing weight on L

A5: WALK X2, SIDE ROCK RECOVER FORWARD X2, ¼ TURN, STEP

1 2 Walk forward R, L
& 3 4 Rock onto ball of R to the side, Return weight to L, Step R forward
& 5 6 Rock onto ball of L to the side, Return weight to R, Step L forward
7 8 Make a ¼ turn L stepping back on R, Step L to side

A6: STEP, KICK, HITCH, STEP, SIT, HIP BUMP, SIT, RECOVER W/ FLICK

1 2 3 4 Step R fwd, Swing/Kick L fwd, Hitch L knee up, Step back onto L
5 6 7 8 Sit back in a sitting position on L, Lift R hip up, Sit back on L, Recover weight back onto R and flick L up behind

A7: CROSS BACK SIDE X2, CROSS, ¼ TURN ROCK RECOVER, STEP, ½ TURN

1 2 & Cross L over R, Step back on R, Step L slightly back on L diagonal
3 4 & Cross R over L, Step back on L, Step R slightly back on R diagonal
5 6 & Cross L over R, Make a ¼ turn R rocking R fwd, Recover onto L
7 8 Step back onto R, Make a ½ turn L stepping fwd on L

A8: ROCKING CHAIR, STEP ½ TURN PIVOT X2

1 2 3 4 Rock fwd on R, Recover onto L, Rock back on R, Recover onto L
5 6 7 8 Step fwd on R, Make a ½ turn L placing weight on L, Step fwd on R, Make a ½ turn L placing weight on L

Part B- 16 Counts

B1: VAUDEVILLE WITH HEEL, ¼ TURN X2, CROSSING SHUFFLE

1 2 & Step R to side, Step L behind R, Step R back
3 & 4 Put L heel out diagonally fwd, Step L back, Cross R over L
5 6 Make a ¼ turn R stepping on L, Make a ¼ turn R stepping R to side
7 & 8 Cross L over R, Step R to side, Cross L over R

B2: VAUDEVILLE WITH HEEL, ¼ TURN X2, CROSSING SHUFFLE

1 2 & Step R to side, Step L behind R, Step R back
3 & 4 Put L heel out diagonally fwd, Step L back, Cross R over L
5 6 Make a ¼ turn R stepping on L, Make a ¼ turn R stepping R to side
7 & 8 Cross L over R, Step R to side, Cross L over R

Part C- 32 Counts**C1: SCISSOR STEP HOLD X2**

1234 Step R to side, Step L together, Cross R over L, Hold
5678 Step L to side, Step R together, Cross L over R, Hold

C2: VINE WITH TURNS: SIDE, BEHIND, ¼ TURN, STEP, ¾ PIVOT, SIDE, BEHIND, SIDE

1234 Step R to side, Step L behind R, Make a ¼ turn R stepping fwd on R, Step fwd L
5678 Make a ¾ turn R placing weight on R, Step L to side, Step R behind L, Step L to side

C3: SLOW CROSS SIDE ROCK RECOVER X2

1234 Slow cross R over L for 2 counts, Rock L out to side, Recover onto R
5678 Slow cross L over R for 2 counts, Rock R out to side, Recover onto L

C4: JAZZ SQUARE, ½ WALK AROUND

1234 Cross R over L, Step L back, Step R to side, Step L slightly in front of R
5678 Make a ½ turn R walking R, L, R, L

Style Option: When 'Part A' is danced to the chorus bounce your heels during the ½ turn unwind. This goes with the lyrics "baby, baby, baby".

Make sure to still place weight on the L on count 8.

Ending: At the end of the last B section instead of doing a crossing shuffle, cross you left foot over right for count 7 and unwind a ½ turn for count 8.

This makes you hit the front wall on the word "dance". Feel free to hit a pose at the end of the turn

This dance placed first in the phrased category at the USLDCC competition at the 2015 Big Bang Dance Classic.

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