

Talking Body

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate - Funky WCS
編舞者: Jennifer Choo Sue Chin (MY) & Jasmine Leong (MY) - May 2015
音樂: Talking Body - Tove Lo



Start dance after 2x8's. (Contact us for the clean version of the music!)

SET 1: WALK 2X, ANCHOR STEP, JUMP BACK & OUT, BODY ROLL, BALL CROSS □ End Facing

1-2 Step RF fwd, Step LF fwd □ 12:00
3&4 Lock RF behind LF, Recover weight on LF, step back on RF □ 12:00
&5 Jump back out on LF, Jump out on RF □ 12:00
6-7 Roll body downwards from chest to hips shifting weight to LF

Easier option: Bump hips left twice □ 12:00

&8 Close ball of RF next to LF, Cross LF over RF □ 12:00

SET 2: ¼R ROCK RECOVER COASTER STEP, STEP TOUCH, ¾R UNWIND, ½L CURVY LOCK STEPS

1-2 ¼R Rock RF fwd, Recover on LF 3:00
3&4 Step RF back, Step LF next to RF, Step RF fwd 3:00
&5-6 Step LF fwd, Touch RF behind LF, Unwind ¾R weight ending on RF 12:00
7&8&1 Step LF fwd, Lock RF behind LF, ¼L Step LF fwd, Lock RF behind LF, ¼L Step LF fwd 6:00

SET 3: SIDE, L SAILOR, CROSS SIDE, R SAILOR

2 Step RF to R □ 6:00
3&4 Step LF behind RF, Rock RF to R, Recover on LF □ 6:00
5-6 Cross RF over LF, Step LF to L □ 6:00
7&8 Step RF behind LF, Rock LF to L, Recover on RF □ 6:00

SET 4: CROSS SIDE, CROSS SHUFFLE, ¾L BOX SLIDES

1-2 LF cross over RF, Step RF to R □ 6:00
3&4 LF cross over RF, Step RF to L, LF Cross over RF □ 6:00
5&6& Slide RF to R, Drag LF towards RF, ¼L Slide LF to L, Drag RF towards LF □ 3:00
7&8& ¼L Slide RF to R, Drag LF towards RF, ¼L slide LF to L, Drag RF towards LF □ 9:00

Start Again! Let your body do the talking! Have fun!

TAG: To dance after 8th Wall (facing 12:00)

SET 1: 3WALKS, HITCH, BACK, ½R 2WALKS, CHEST PUMP, 3WALKS HITCH, ½R 2WALKS, POINT

1-4 Walk fwd RF, LF, RF, Hitch L knee □ 12:00
5-8 Step Back on LF, ½R Step RF fwd, Step LF fwd, Hold and do chest pump (to lyrics: oh-oh) □ 6:00
1-4 Walk fwd RF, LF, RF, Hitch L knee □ 6:00
5-8 Step Back on LF, ½R Step RF fwd, Step LF fwd, Point RF to R □ 12:00

SET 2: SNAKE ROLLS R and L, 4x 1/8L HIP ROLLS

1-4 Snake Roll to the Right shifting weight to RF □ 12:00
5-8 Snake Roll to the Left shifting weight to LF □ 12:00
1-8 4x Step RF fwd and 1/8L pivots (roll hips anti-clockwise) – total of ½L □ 6:00

SET 3: REPEAT SET 2 start facing 6:00 end facing 12:00 □ 12:00

SET 4: CROSS SIDE, CROSS SHUFFLE, BACK, SIDE, CROSS, SIDE (REPEAT)

1-2, 3&4 RF cross over LF, Step LF to L, RF cross over LF, Step LF to L, RF cross over LF □ 12:00
5-8 Step LF back, Step RF to R, Cross LF over RF, Step RF to R □ 12:00

1-2, 3&4 LF cross over RF, Step RF to R, LF cross over RF, Step RF to L, LF cross over RF □ 12:00
5-8 Step RF back, Step LF to L, Cross RF over LF, Step LF to L □ 12:00

SET 5: STEP ½L PIVOT, STEP ½L PIVOT

1-4 Step RF fwd, ½L pivot shifting weight on LF, Step RF fwd, ½L pivot shifting weight on LF □ 12:00

Start the dance again facing 12:00.

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