

You're Not The Boss of Me!!!

COPPER KNOB
BY STEPHEN METZ

拍數: 68 牆數: 1 級數: Phrased Advanced
編舞者: Simon Ward (AUS) & Niels Poulsen (DK) - May 2015
音樂: You Don't Own Me (feat. G-Eazy) - Grace : (iTunes etc.)



Rhythm of dance: Rolling counts, i.e. 1, 2&a3, etc.

Intro: 16 count intro (app. 15 secs. into track). Start with weight on L foot
Phrasing: A, B, C (16), B, C (16), A, A (* Note), C, C.

A section – 16 counts (you do it 3 times)

A[1 – 8] L full turn kick, L & R rocks, ¼ R, cross, lean R, jazz ½ L, fwd R with kick, coaster cross

- 1 Turn ½ L stepping back on R continuing to spin ½ L on R and lifting L leg in the air (1) 12:00
2&a3 Rock fwd on L (2), recover back on R (&), step fwd on L (a), rock fwd on R (3) 12:00
4&a5 Recover L back (4), turn ¼ R stepping R to R side (&), cross L over R (a), lean R to R side (5) 3:00
6&a7 Cross L over R (6), turn ¼ L stepping back on R (&), turn ¼ L stepping step L fwd (a), step R fwd kicking L fwd at the same time (7) 9:00
8&a Step back on L (8), step R slightly to R side (&), cross L over R (a) 9:00

A[9 – 16] Side R with shoulder pops, twinkle ¼ L, fwd drag, L basic, back R/look, body sways, pivot ½ L, run R L

- 1a Step R to R side popping L shoulder up and R down (1), pop L shoulder down and R up lifting L leg out to L side (a) 9:00
2&a3 Cross L over R (2), step R to R side (&), turn ¼ L stepping L fwd (a), step R fwd dragging L next to R (3) 6:00
4&a5a Step L fwd (4), step R next to L (&), change weight to L (a), step R back (5), look over R shoulder (a) 6:00
6&a7 Recover onto L swaying body fwd (6), sway body back (&), sway body fwd (a), step R fwd (7) 6:00
8&a Turn ½ L stepping onto L (8), run R fwd (&), run L fwd (a) 12:00

* NOTE: The 3rd time you do A you change counts 8&a in the 2nd section to 8a doing a ball step fwd on L R. This way you can start C correctly on L foot 112:00

B section – 20 counts (you do it twice)

B[1 – 8] R fwd, 3/8 L, walk R fwd, touch with hips/snaps, repeat with L, R twinkle, L twinkle ¼ L

- 1 – 2 Step fwd on R (1), turn 3/8 L stepping fwd on L (2) 7:30
3 – 4 Walk R fwd (3), touch L next to R doing a L hip bump upwards and snapping fingers at shoulder height (4) 7:30
5 – 6 Walk L fwd (5), touch R next to L doing a R hip bump upwards and snapping fingers at shoulder height (6) 7:30
7&a Cross R over L (7), step L to L side (&), step R to R side (a) 7:30
8&a Cross L over R (8), step R to R side (&), turn ¼ L stepping L slightly fwd (a) 4:30

B[9 – 16] R fwd, touch with hips/snaps, repeat with L, R twinkle, L twinkle 3/8 L, walk R L fwd

- 1 – 2 Walk R fwd (1), touch L next to R doing a L hip bump upwards and snapping fingers at shoulder height (2) 4:30
3 – 4 Walk L fwd (3), touch R next to L doing a R hip bump upwards and snapping fingers at shoulder height (4) 4:30
5&a Cross R over L (5), step L to L side (&), step R to R side (a) 4:30
6&a Cross L over R (6), turn 1/8 L stepping R to R side (&), turn ¼ L stepping L slightly fwd (a) 12:00
7 – 8a Walk R fwd (7), walk L fwd (8), step R next to L (a) 12:00

B[17 – 20] Full turn diamond box L (consists of 4 turning basic waltz steps)

- 1&a Turn 1/8 L stepping L fwd (1), step R next to L (&), change weight to L (a) 10:30
2&a Turn ¼ L stepping back on R (2), step L next to R (&), change weight to R (a) 7:30
3&a Turn ¼ L stepping L fwd (1), step R next to L (&), change weight to L (a) 4:30
4&a Turn ¼ L stepping back on R (4), step L next to R (&), turn 1/8 L changing weight to R (a) 12:00

C section – 32 counts (you do it 4 times, the first 2 times only the first 16 counts though)**C[1 – 8] Fwd L with R sweep, weave, L side rock, ¼ hitch, repeat these first 4 counts**

- 1 Step L fwd sweeping R fwd (1) 12:00
2&a Cross R over L (2), step L to L side (&), cross R behind L (a) 12:00
3 – 5 Rock L to L side (3), recover to R turning ¼ R and hitching L knee slightly (4), step L fwd sweeping R fwd (5) 3:00
6&a Cross R over L (6), step L to L side (&), cross R behind L (a) 3:00
7 – 8 Rock L to L side (7), recover to R turning ¼ R and hitching L knee slightly (8) 6:00

C[9 – 16] Basic ½ L X 2, L rock fwd, ¼ L sweep, weave, ¼ L into L fwd rock, step together

- 1&a Step fwd on L (1), turn ¼ L stepping R to R side (&), turn ¼ L stepping L next to R (a) 12:00
2&a Step back on R (2), turn ¼ L stepping L to L side (&), turn ¼ L stepping R next to L (a) 6:00
3 – 5 Rock fwd on L (3), recover back on R (4), recover fwd to L turning ¼ L with a R sweep fwd (5) 3:00
6&a Cross R over L (6), step L to L side (&), cross R behind L (a) 3:00
7 – 8a Turn ¼ L rocking fwd on L (7), recover back on R (8), step L next to R (a) * restarts here 12:00

C[17 – 24] ¼ R with L hitch, L & R twinkles, walk around ½ R, R twinkle ¼ R, L twinkle 1/8 L

- 1 Step fwd on R turning ¼ R on R and hitching L knee at the same time (1) 3:00
2&a Cross L over R (2), step R to R side (&), step L to L side (a) 3:00
3&a Cross R over L (3), step L to L side (&), step R to R side (a) 3:00
4 – 6 Turn 1/8 R walking L fwd (4), turn ¼ R walking R fwd (5), turn 1/8 R walking L fwd (6) 9:00

Styling for counts 5-6: spread arms out to hit the words: I'm FREE

- 7&a Turn ¼ R crossing R over L (7), step L to L side (&), step R to R side (a) 12:00
8&a Cross L over R (8), step R to R side (&), turn 1/8 L stepping L to L side (a) 10:30

C[25 – 32] Fwd R, ½ L, run R L, fwd R, ½ L, run R L, R rock fwd, recover sweep 1/8 R, R back rock, full turn L

- 1 Step fwd on R (1) 10:30
2&a3 Turn ½ L stepping L fwd (2), run R fwd (&), run L fwd (a), step R fwd (3) 4:30
4&a Turn ½ L stepping L fwd (4), run R fwd (&), run L fwd (a) 10:30
5 – 6 Rock R fwd (5), recover back on L turning 1/8 R and sweeping R to R side (6) 12:00
7 – 8a Rock back on R (7), recover fwd on L (8), turn ½ L stepping back on R and keep spinning another ½ L on R (a) 12:00

ENJOY!

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