

All Hands on Deck

COPPER KNOB
BY STEPHEN

拍數: 96 牆數: 4 級數: Phrased Advanced
編舞者: Bradley Mather (USA) - July 2015
音樂: All Hands On Deck - Tinashe : (Album: Aquarius)



Sequence: AA BC AA BC A(mod) C

Part A – 32 counts

A1: Hitch R, press R forward, recover onto L, out, out, heel pops, R sailor, L sailor ¼ R

&1 hitch R knee up (&), press R foot forward (1)
2&3 recover weight onto L (2), step R to R (&), step L to L (3)
&4 lift both heels off the ground by bending knees (&), lower both heels to ground (4)
5&6 step R behind L (5), step L slightly L (&), step R to R (6)
7&8 step L behind R (7), step R slightly to R to turn ¼ R (&), step L back (8) (3:00)

A2: Back R, L coaster, step R forward, hitch L, L scissor cross, point R to R

1, 2&3 step R back (1), step L back (2), step R next to L (&), step L forward (3)
4, 5 step R forward (4), hitch L knee up (5)
6&7 step L to L side (6), step R next to L (&), cross L over R (7)
8 point R toe to R side (8) (3:00)

A3: Turn ¼ R, R kick ball press, body roll, L coaster, R lock forward

1, 2&3 turn ¼ R keeping weight on L foot (1), kick R (2), step R next to L (&), place toe in front with bent knee (3) (6:00)
4&5 body roll forward from the head (4&5)
6&7 step L back (6), step R next to L (&), step L forward (7)
8&1 step R forward (8), step L toe behind R (&), step R forward(1) (6:00)

A4: L scissor with ¼ R, ¼ L, Press L to L with ¼ L, body roll to R, together, out, out

2&3 step L to L turning ¼ R (2), step R next to L (&), cross L over R (3) (9:00)
4, 5 step R back turning ¼ L (4), press L to L turning ¼ L (5) (3:00)
6, 7 roll body back to neutral starting with the head (6), step L next to R (7)
&8 step R to R (&), step L to L (8) (3:00)

Part B – 32 counts

B1: Hitch R, step R, Chest pops, ball rock R, recover, behind side ¼ L cross

&1&2 hitch R knee up (&), step L to L slapping hands on thighs (1), pop chest up, down (&2) &3&4
□pop chest to R, neutral (&3), pop chest L, neutral (&4)
&5, 6 step L next to R (&), rock R forward (5), recover onto L (6)
7&8 step R back ¼ L (7), step L to L (&), cross R over L (8) (3:00)

B2: Syncopated shuffle L w/touch, R scissor cross, ¼ R, ¼ R, L lock forward

1&2& step L to L (1), step R next to L (&), step L to L (2), touch r next to L (&)
3&4 step R to R (3), step L next to R (&), cross R over L (4)
5, 6 step L back ¼ R (5), step R to R ¼ R (6)
7&8 step L forward (7), step R toe behind L (&), step L forward (8) (9:00)

B3: R kick ball step, ball, L mambo step, back R, ¼ L with L, R crossing shuffle

1&2& kick R forward (1), step R next to L (&), step L forward (2), step R forward (&)
3&4 rock L forward (3), recover onto R (&), step L next to R (4)
5, 6 step R back (5), step L to L ¼ L (6)
7&8 cross R over L (7), step L to L (&), cross R over L (8) (6:00)

B4: Step L, heel pops ¼ R, R shuffle to R, walk, walk, out, out

- 1&2 step L to L (1), turn R heel in (&), turn L heel out making ¼ R (2) (9:00)
3&4 step R to R making ¼ R (3), step L next to R (&), step R to R (4) (12:00)
5, 6 step L forward (5), step R forward (6)
7, 8 step L to L (7), step R to R (8) (12:00)

Part C – 32 counts

C1: Lean down L, neutral and to R, up L, neutral and to R, up L, weave, ¼ L, pivot ½ L

- 1, 2, 3 Lean down and to L (1), return to neutral elevation and lean slightly to R (2), lean up and to the L (3)
&4 return to neutral elevation and lean to R (&), lean up and to the L (4)
5&6 cross R over L (5), step L to L (&), step R behind L (6)
7&8 step L to L making ¼ L (7), step R forward (&) step ½ L onto L (8) (3:00)

C2: Forward R, forward L and spiral R, ball step, R mambo, L coaster cross

- 1, 2, 3 step R forward (1), step L forward (2), spiral on L full turn (3) (3:00)
&4 step R forward (&), step L forward (4)
5&6 rock R forward (5), recover onto L (&), step R next to L (6)
7&8 step L back (7), step R next to L (&), cross L over R (8) (3:00)

C3: Step L to L, step R next to L, step L to L w/drag, ball cross, ½ hinge L, L sailor ¼ L

- 1, 2, 3 step L to L (1), step R next to L (2), step L to L dragging L heel (3)
&4 step L next to R (&), cross R over L (4)
5, 6 step L forward ¼ L (5), step R to R ¼ L (6) (9:00)
7&8 step L behind R (7), step R slightly to R ¼ L (&), step L to L (8) (6:00)

C4: Press R forward, recover onto L, back R and sweep L from front to back, behind, side, L lock, out, out

- 1, 2, 3 press R forward (1), recover onto L (2), step R back and sweep L from front to back (3)
&4 step L behind R (&), step R to R (4)
5&6 step L forward (5), step R behind L (&), step L forward (6)
7, 8 step R to R (7), step L to L (8) (6:00)

Modified A

On the fifth and final A, replace counts 7&8 in the final set with 7, 8 step L to L ¼ L (7), step R to R (8) (12:00)
