

Stomp Your Feet

COPPER KNOB
BY SHEETS

拍數: 80 牆數: 0 級數: Phrased Advanced
編舞者: Shane McKeever (N.IRE) - November 2016
音樂: Sing - Pentatonix



Count In: 16 counts from start of track, dance begins on vocals. Approx 155 bpm
Sequence: A, A, B, C, C, A, A (first 16 counts), B, C, C, B, B, C, C, last 8 counts of C

A[1-8] □ R BRUSH, R STOMP, CLAP, L CLOSE, R SIDE, TWISTS WITH KNEE POPS, FULL TURN L □

- 1 2 Brush R next to L (1), stomp R to right side (body angled to 1.30) (2), □ 1.30
3 & 4 Clap hands (3), step L next to R (&), step R to right side (4), □ 1.30
5 6 Transfer weight L popping R knee in as you twist upper body left (5), transfer weight R
 popping L knee in as you twist upper body right (6) □ 12.00
7 8 Make full turn left on ball of L as you drag R foot behind (no weight) (7-8) □ 12.00

A[9-16] □ R SIDE, L BACK BALL ROCK, L SIDE, R BACK BALL ROCK, R DIAGONAL, L DIAGONAL, R FWD, L KICK OUT OUT (this goes into next set of 8) □

- 1 & 2 Step R to right side (big step) (1), rock back on ball of L (&), recover weight R (2) □ 12.00
3 & 4 Step L to left side (big step) (3), rock back on ball of R (&), recover weight L (4) □ 12.00
5 6 Take big step R to right diagonal (5), take big step L to left diagonal (6) □ 12.00
7 8 & Step forward R (7), kick L forward (8), step L to left side (&), □ 12.00

A[17-24] □ R SIDE, 2X HOLD, CLAP, R SLAP, L SLAP, CLAP, 2X HOLD, STOMP DIAGONALLY FORWARD L-R-L □

- 1 2 3 Step R to right side (1), Hold (2, 3), □ 12.00
& 4 & 5 Clap hands (&), slap R hand to right thigh (4), slap L hand to left thigh (&), clap hands
 (5) □ 12.00
6 7 & 8 & Hold (6, 7) stomp L slightly forward to left diagonal (&), stomp R slightly forward to right
 diagonal (8), stomp L slightly forward to L diagonal (&) Styling: Knees are soft throughout
 counts 2 - 8 □ 12.00

A[25-32] □ R BACK, L HITCH, L BACK, R HITCH, ROCKS IN PLACE FWD-BACK-FWD, ½ TURN L □

- 1 2 3 4 Step back R (1), hitch L knee (2), step back L (3), hitch R knee (4) □ 12.00
5 6 Step forward R pushing all weight forward to R (5), recover weight to L (6), □ 12.00
7 8 Push weight forward again to R (7), make ½ turn left transferring weight L (8) □ 6.00

B [1-8] □ R HEEL STRUT (ARMS), L HEEL STRUT (ARMS), R JAZZ BOX (ARMS) □

- 1 2 Touch R heel to right diagonal (1), drop R heel to floor as L heel pops up (weight R) (2)
Arms: Bring both hands in towards belly button (1), spread both hands out to sides (elbows bent) (2) □ 12.00
3 4 Touch L heel to left diagonal (3), drop L heel to floor as R heel pops up (weight L) (4)
Arms: Take R hand up touching side of face (fingers near your temple) as back of L palm touches underneath R elbow (3),
Tilt head to left (L hand stays in place, fingers of R hand remain on temple) (4) □ 12.00
5 6 7 8 Cross R over L (5), step back L (6), step R to right side (7), cross L over R (8)
Arms: take both arms up and then down to sides (5,6,7,8) □ 12.00

B [9-16] □ R SIDE LEANING R, LEAN L, R SIDE, L TOUCH, HOLD, L SIDE, R DRAG – ARMS THROUGH THIS SECTION □

- 1 2 Step R to right side leaning to right (R knee slightly bent) (1), transfer weight L leaning to left
 (L knee slightly bent) (2)
Arms: (Both wrists are bent at right angles and both arms are bent at the elbow at right angles): R arm is vertical and L arm is horizontal with R elbow on top of L wrist (1), L arm is vertical and R arm is horizontal with L elbow on top of R wrist (2) □ 12.00
3 4 Step R to right side dragging L towards R (3), touch L next to R (4)

Arms: Put L hand on top of R and move both hands to right side of body ending with them at the side of R hip (3,4)□12.00

5 6 Feet remain in place...Arms: Keeping L hand on top of R make a 'wave' shape left (go up then down) across to L hip (5,6)□12.00

7 8 Arms relax naturally coming to sides. Step L to left side (7), drag R towards L (weight remains L)(8)□12.00

C [1-8]□4 X SAMBA STEPS (CROSS, BALL, ROCK) R-L-R-L□

1 & 2 Cross R over L (1), rock ball of L to left side (&), recover weight R (2)□12.00

3 & 4 Cross L over R (3), rock ball of R to right side (&), recover weight L (4)□12.00

5 & 6 Cross R over L (5), rock ball of L to left side (&), recover weight R (6)□12.00

7 & 8 Cross L over R (7), rock ball of R to right side (&), recover weight L (8)□12.00

C [9-16]□R CROSS TOUCH, R SIDE TOUCH, R CROSS TOUCH, R SIDE, L TOUCH WITH 1/8 TURN R, HOLD, KNEE BOUNCES WITH ARMS□

1 2 3 Touch R across L (1), touch R to right side (2), touch R across L (3)□12.00

4 5 Take big step R to right side (4), make 1/8 turn right as you touch L next to R (5)

Arms: R arms swings down & all the way up in the air (arm is straight and palm is facing the up) (4,5)□1.30

6 7 8 Hold (6), bounce knees twice (just bend and straighten them (7, 8) Arms: R arm remains straight but wrist drops twice 'as if tapping a really tall person on the shoulder ;-)'□1.30

C[17-24]□1/8 R STEPPING L SIDE, R HITCH, ¼ TURN R SIDE, L HITCH, L□

1 2 Make 1/8 turn right as you step L to left side (1), hitch R knee (2)□3.00

3 4 Make ¼ turn right stepping R to right to right side (3), hitch L knee (4)□6.00

5 6 Step L forward to left diagonal (5), step R to right side (feet shoulder width apart) (6)□6.00

7 & 8 Kick L forward (7), step in place on L (&), touch R next to L (8)□6.00

C[25-32]□R FWD ROCK, R BACK, ARM MOVEMENTS, L FWD□

1 2 3 Rock forward R (1), recover weight L (2), step back R as you put hands together (elbows up) in 'prayer' position (3)□6.00

4 Arms: Slide R hand up L (R wrist is sat on top of fingers of L hand) (4)□6.00

5 Arms: Drop palm of R hand down (it should be touching the back of L hand) (5)□6.00

& Arms: L hand drops down (fingers of R hand are on top of L wrist) (&)□6.00

6 Arms: Drop palm of R hand down (it should be touching the back of L hand) (6)□6.00

7 8 Step forward L (7), drag R towards L (weight remains L) (8) Arms: with both wrists still at right angles straight both arms as you take them both out to sides (R to right side, L to left side)□6.00

Sequence:□A, A, B, C, C, A, A(first 16 counts), B, C, C, B, B, C, C, last 8 counts of C

Contact: Smckeeper07@hotmail.com
