

The Anthem

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Scott Blevins (USA) - January 2017
音樂: The Anthem (feat. Mike Avery) - GRiZ : (iTunes and Amazon)



32 count intro - Sequence: 64 - 64** - 64 - Tag (start and finish Tag facing original 9 o'clock wall) - 64 - dance counts 1-32 (*Restart after count 32 facing original 9 o'clock wall) - 64** - 64 - 32

[1-8] SIDE, BEHIND, TOGETHER, FWD, LOCK, FWD, ROCK, RECOVER, ½ TURN TRIPLE

- 1-2&3 1) Turning body to face 11 o'clock step R to right; 2) Step L behind R; &) Step R beside L; 3) Step L fwd [11:00]
&4,5,6 &) Step ball of R to L heel; 4) Step L fwd; 5) Rock R fwd [11:00]; 6) Recover to L squaring up to 12 o'clock
7&8 7) Turn ¼ right stepping R to right; &) Step L beside R; 8) Turn ¼ right stepping R fwd [6:00]

[9-16] ½ BACK, TOGETHER, FWD, SIDE ROCK, RECOVER, FWD ANGLE, PUSH FWD, PUSH BACK, COASTER

- &1-2 &) Turn ½ right stepping L back; 1) Step R beside L [12:00]; 2) Step L fwd
3&4 3) Rock R to right; &) Recover to L; 4) Step R fwd on a diagonal toward 11 o'clock
5-6 5) Step ball of L fwd pushing hips fwd; 6) Push hips back taking weight on R [11:00]
7&8 7) Step L back; &) Step R beside L; 8) Step L fwd [11:00]

[17-24] FWD, ½ PIVOT, 3/8 BACK, ¼ SIDE, CROSS, SIDE, CROSS, SIDE, CROSS

- 1-2 1) Step R fwd; 2) Turn ½ left taking weight on L [5:00]
3-4 3) Turn 3/8 left stepping R back [12:00]; 4) Turn ¼ left stepping L to left [9:00]
5-6 5) Step R across L; 6) Step L to left
7&8 7) Step R across L; &) Step L to left; 8) Step R across L

[25-32] ¼ POINT AND POINT, HOOK, 7/8 UNWIND, FWD, TOGETHER WITH HIP SHAKE, BEND WITH HIP SHAKE

- 1&2 1) Turn ¼ right pointing L to left [12:00]; &) Step L beside R; 2) Point R to right
3-4 3) Touch (hook) R ball/toe behind L; 4) Unwind 7/8 right on the spot transferring weight fwd onto R [11:00]
&5&6 &) Step L fwd; 5) Step R beside L as you start hip shake to left; &6) Shake hips right, left [11:00]

Styling note: During counts 5&6 pelvis should be pushed fwd while shoulders are leaning back with hands fisted at shoulders and elbows at your sides.

- &7&8 Keeping feet planted &) Shake hips right as you bend fwd from waist up; 7&8) Shake hips left, right, left ending with weight on L [11:00]

Styling note: Keep hands and elbows in the same position as counts 5&6

***Restart here turning 1/8 left to face original 9 o'clock wall before starting 6th rotation.**

[33-40] 3/8 SIDE, HITCH, ¼ FWD, PREP, ½ BACK, ¼ BIG SIDE STEP, DRAG, BALL, CROSS, ¼ FWD

- a-1 a) Turn 3/8 left stepping R to right [6:00]; 1) Bring L knee up with L foot beside R calf
2-3-4 2) Turn ¼ left stepping L fwd [3:00]; 3) Step R fwd prepping for right turn; 4) Turn ½ right stepping L back [9:00]
5-6 5) Turn ¼ right stepping R a big step to right [12:00]; 6) Drag L toward R
&7-8 &) Step ball of L behind R heel; 7) Step R across L; 8) Turn ¼ left stepping L fwd [9:00]

[41-48] HEEL REACH w/LEAN, ROLL FWD, MAMBO, ½ FWD, ¼ w/HIP BUMPS, ½ w/SIDE TRIPLE

- a-1 a) Reach fwd with R heel leaning body back; 1) Bring body fwd as you roll weight from heel fully onto R foot
2&3-4 2) Rock L fwd; &) Recover to R; 3) Step L back; 4) Turn ½ right stepping R fwd [3:00]

- 5&6 5) Turn ¼ right touching L heel to left and bump hips left [6:00]; &) Bump hips right; 6) Take weight on L bumping hips left
- 7&8 7) Turn ½ right stepping R to right [12:00]; &) Step L beside R; 8) Step R to right

[49-57] ¼ HIP PUSH, ¼ FWD, FWD TRIPLE, ¼ C BUMP, FWD ANGLE, MAMBO ½ turn

- 1-2 1) Turn ¼ right stepping L to left while pushing hips left [3:00]; 2) Turn ¼ right stepping R fwd [6:00]
- 3&4 3) Step L fwd; &) Step R beside L; 4) Step L fwd
- 5&6 5) Turn ¼ left bumping R hip up and to the right [3:00]; &) Step down on R bumping hips to center and left; 6) Bump R hip down to right side ending in a sit position with weight on R
- 7-8&1 7) Step L fwd on a diagonal toward 1 o'clock; 8) Rock R fwd; &) Recover to L; 1) Turn ½ right stepping R fwd [7:00]

[58-64] 1/8 FWD, ½ FWD, FWD, EXAGGERATED SKATE R-L-R-L

- 2-3-4 2) Turn 1/8 right stepping L fwd [9:00]; 3) Turn ½ right stepping R fwd [3:00]; 4) Step L fwd
- &5&6 &) Bring R foot to L calf; 5) Step R a large step to right bending R knee; &) Bring L foot to R calf as you straighten R knee; 6) Step L a large step to left bending L knee
- &7&8 &) Bring R foot to L calf as you straighten L knee; 7) Step R a large step to right bending R knee; &) Bring L foot to R calf as you straighten R knee; 8) Step L a large step to left bending L knee

{Skates DO NOT progress forward!!!}

****Note: On rotations 2 and 6: dance 2-3-4& above as written. Replace 5-8 with below steps.**

(5) Hitting the break, step R to right with feet shoulder width apart and weight on both feet

(6-7-8) Shake knees to the music

Tag: Starts and finishes facing the original 9 o'clock wall at the end of rotation 3.

[1-8] 3/8 FWD, 1/8 FWD, ½ FWD, FWD, EXAGGERATED SKATE R-L-R-L

- 1,2,3,4 1) Turn 3/8 right stepping R fwd toward original 1 o'clock diagonal; 2) Turn 1/8 right stepping L fwd toward original 3 o'clock wall; 3) Turn ½ right stepping R fwd toward original 9 o'clock wall; 4) Step L fwd
- &5&6 &) Bring R foot to L calf; 5) Step R a large step to right bending R knee; &) Bring L foot to R calf as you straighten R knee; 6) Step L a large step to left bending L knee
- &7&8 &) Bring R foot to L calf as you straighten L knee; 7) Hitting the break, step R to right with feet shoulder width apart and weight on both feet; 8) Hold

{Skates DO NOT progress forward!!!}

Enjoy!

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