

What About Us

COPPER KNOB
BY STEPHEN HETS

拍數: 128 牆數: 4 級數: Phrased High Intermediate
編舞者: Linda Burgess (AUS) - August 2017
音樂: What About Us - P!nk : (Album: Beautiful Trauma - iTunes)



Sequence: AB, ABB, ABA FINISH -

Intro: 32 counts (start on words "search lights") (page 1 of 2)

Part A (slow) 64 counts - Dance turns clockwise direction

{1-8} SIDE DRAG, HOLD, ROCK BACK, REPLACE, SIDE DRAG, HOLD, ROCK BACK, REPLACE

1-8 Big Step to R dragging L, hold, rock/step L behind R, replace weight to R, big step to L dragging R, hold, rock/step R behind L, replace weight to L 12:00

{9-16} STEP FWD, HOLD, STEP, PIVOT ½ R, STEP FWD, FULL TURN L, STEP FWD

1-8 Step fwd R, hold, step fwd L, pivot ½ turn R, step fwd L, turn ½ L & step back R, turn ½ L & step fwd L, step fwd R 6:00

{17-24} SIDE DRAG, HOLD, ROCK BACK, REPLACE, SIDE DRAG, HOLD, ROCK BACK REPLACE

1-8 Big step to L dragging R, hold, rock/step R behind L, replace weight to L, big step to R dragging L, hold, rock/step L behind R, replace weight to R 6:00

{25-32} STEP FWD, HOLD, STEP, PIVOT ½ L, STEP FWD, FULL TURN R, STEP SIDE

1-8 Step fwd L, hold, step fwd R, pivot ½ turn L, step fwd R, turn ½ R & step back L, turn ½ R & step fwd R, step L to L side 12:00

{33-40} CROSS, REPLACE, SIDE, HOLD, CROSS, ¼ L, ¼ L SIDE, TOGETHER

1-8 Cross/rock R over L, replace weight to L, step R to R, hold, cross/step L over R, turn ¼ L & step back R, turn ¼ L & step L to L side, step R beside L 6:00

{41-48} STEP FWD, HOLD, STEP, PIVOT ¼ L, CROSS, ¼ R, ½ R, STEP FWD

1-8 Step fwd L, hold, step fwd R, pivot ¼ turn L, cross/step R over L, turn ¼ R & step back L, turn ½ R & step fwd R, step fwd L 12:00

{49-56} BACK, HOLD, DRAG/CROSS, BACK, BACK, HOLD, DRAG/CROSS, BACK

1-8 Step R back on R diagonal, hold, drag & cross/step L over R, step R back to centre, step L back on L diagonal, hold, drag R & cross/step R over L, step L back to centre 12:00

{57-64} ½ FWD, HOLD, STEP, PIVOT ½ R, STEP FWD, HOLD, STEP, PIVOT 270DEG L.

1-8 Turn ½ R & step fwd R, hold, step fwd L, pivot ½ turn R, step fwd L, hold, step fwd R, pivot 270deg L (finishes legs crossed & weight L) 3:00

Part B. (faster) 64 counts

{1-8} SIDE SHUFFLE, ROCK BACK, REPLACE, SIDE, TOUCH UNWIND 270R, SHUFFLE FWD L,R,L

1&2,3,4 Shuffle to R stepping R,L,R, rock/step back L, replace weight to R

&5,6,7&8 Step L to L, touch R ball of foot behind L & unwind 270deg R (weight R) , shuffle fwd L,R,L 12:00

{9-16} STEP,PIVOT ½ L, SAMBA CROSS, SAMBA CROSS, ¼ BACK, ¼ SIDE

1,2,3&4 Step fwd R, pivot ½ turn L, step/rock R to R side, replace weight to L, cross/step R over L

5&6,7,8 Step/rock L to L side, replace weight to R, cross/step L over R, turn ¼ L & step back R, turn ¼ L & step L to L side 12:00

{17-24} CROSS/ROCK, REPLACE, SIDE SHUFFLE, CROSS/ROCK, REPLACE ¼ SHUFFLE

1,2,3&4 Cross/rock R over L, replace weight to L, shuffle to R stepping R,L,R, (optional triple full turn R)
5,6,7&8 Cross/rock L over R, replace weight to R, turn ¼ L & shuffle fwd L,R,L (optional 1 & ¼ triple L)9:00

{25-32} FWD, DRAG, FWD, DRAG,STEP, PIVOT ½ L, FULL TURN FWD L

1,2,3,4 Step fwd R, drag L to R, step fwd L, drag R to L
5,6,7,8 Step fwd R, pivot ½ turn L (weight L), turn ½ L & step back R, turn ½ L & step fwd L 3:00

{33-40} STEP, KICK, BEHIND, SIDE, CROSS, STEP, KICK, BEHIND, SIDE, CROSS

1,2,3&4 Step R to R, kick L to L, step L behind R, step R to R, cross/step L in front of R
5,6,7&8 Step R to R, kick L to L, step L behind R, step R to R, cross/step L in front of R 3:00

{41-48} SIDE, TOGETHER, SHUFFLE FWD, STEP, PIVOT ½ R, SHUFFLE FWD

1,2,3&4 Step R to R, slide L beside R, shuffle fwd R,L,R
5,6,7&8 Step L, pivot ½ turn R, shuffle fwd L,R,L 9:00

{49-56} SIDE, KICK, BEHIND, SIDE, CROSS, SIDE, KICK, BEHIND, SIDE, CROSS

1,2,3&4 Step R to R, kick L to L, cross L behind R, step R to R, cross L in front of R
5,6,7&8 Step R to R, kick L to L, cross L behind R, step R to R, cross L in front of R 9:00

{57-64} SIDE, TOGETHER, ¼ SHUFFLE FWD, ½ SHUFFLE BACK, ROCK BACK, REPLACE

1,2,3&4 Step R to R, slide L beside R, ¼ turn R & shuffle fwd R,L,R
5&6,7,8 Turn ½ R & shuffle back L,R,L, rock back R, replace weight to L. 6:00

Note: Part B is danced again on wall 5 facing 12:00

Finish: Dance counts 1- 24 then turn ¼

Linda Burgess - www.onelinerbootscooters - onelnr@bigpond.net.au

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