

Talking That Truth

COPPERKNOB
BY SHEETS

拍數: 100 牆數: 2 級數: Phrased Advanced
編舞者: Kirsten Matthiessen (DK) & Jannie Tofte Stoian (DK) - September 2017
音樂: What U Workin' With? - Gwen Stefani & Justin Timberlake : (iTunes)



Intro: 16 counts (app. 9 seconds into track)

Phrasing: A*, A, B, C, A, B, C, Tag, B*, C*, Ending (see explanations below)

A SECTION (always starts facing 12:00)

A[1-8] Pimp Walk, Mambo ¼ R Sweep, Cross ¼ L Back, Hip x3, Ball Side Rock

1-2 Step R fw, step L next to R popping R knee 12:00
3&4 Rock R fw, recover onto L, turn ¼ R stepping R to side sweeping L CW 03:00
5& Cross L over R, turn ¼ L stepping R back 12:00
6&7 Step L to L side pushing hips L, push hips back, push hips to R (weight on R) 12:00
&8& Step L next to R, rock R to R side, recover onto L 12:00

A[9-16] Behind Sweep, Sailor ½ L Snap, Ball Mambo Step, Back ½ L

1-2 Cross R behind L sweeping L CCW 12:00
3&4-5 Cross L behind R turning ¼ L, turn ¼ L stepping R in place, step L fw starting a body roll fw (head first) and swing R arm front to back (snapping fingers), finish body roll on count 5 (weight L) 06:00
&6&7 Step R next to L, rock L fw, recover onto R, step L back 06:00
8& Step R back, turn ½ L stepping L fw 12:00

A[17-24] Sweep ¾ L, Out out, Chest Pop, Sailor ¼ L, Kick Ball Step

1-2 Staying on L foot sweep R ¾ L 03:00
&3&4 Step out out R-L, pop chest fw and back to centre (weight R) 03:00
5&6 Cross L behind R starting a ¼ turn L, finish your ¼ turn L stepping R next to L, step L fw 12:00
7&8 Kick R fw, step R next to L, step L fw 12:00

A[25-28] ¼ L Hip Roll, ¼ R Out Out

1-2 Step R fw and turn ¼ L rolling hips CCW 09:00
3&4 Turn ¼ R swivelling both heels (weight L), step out out R-L

A* - Add the following

5& Right hand in the air (5), left hand in the air (&) (palms facing fw)
6-8& Hold (6-8), step L next to R dropping hands (&)

Skip the last 8 counts and restart into A 12:00

A[29-36] Swivel, Step Swivel ¼ R, Swivel, Step Swivel ¼ L, Body Roll, C Hip ½ L

1&a Swivel R foot towards L – heel, toe, heel (weight R) 12:00
2&a Step L fw, swivel R heel ¼ R, swivel L heel out 03:00
3&a Swivel L foot towards R – heel, toe, heel (weight L) 03:00
4&a Step R fw, swivel L heel ¼ L, swivel R heel out 12:00
5-6 Roll body from bottom up (weight L) 12:00
&7&8 Bring R towards L, bump R hip up turning ¼ L, bump hip down, turn ¼ L stepping back on R sitting down into R hip 06:00

B SECTION (always starts facing 06:00)

B[1-8] Walk, ¼ R Cross, Body Drop, Ball Side, Jazz Box ¼ L Slide, Together, Pop

1-2 Walk L fw, turn ¼ R crossing R over L 09:00

- 3-4 Step L to L side starting a CCW circle with upper body bending knees, complete circle straightening back up (weight R) 09:00
 &5 Step L next to R, step R to R side 09:00
 6&7-8 Cross L over R (6), turn ¼ L stepping R back (&), step L big step to L side (body angled diagonally) dragging R to L (7), step R next to L popping L knee (8) 04:30

B[9-16] Step, Step Swivel, Ball Step, Jazz Box ½ R Slide, Step Flick ½ L

- 1-2 Step L fw, step/place R fw 04:30
 3-4 Swivel both heels to R (rising up slightly) and back to centre (weight L) 04:30
 &5 Step R next to L, step L fw sweeping R CCW 04:30
 6&7-8 Turn ⅛ R crossing R over L (6), turn ¼ R stepping L back (&) step R big step to R side dragging L to R (7), turn ⅛ L stepping L next to R flicking R back (8) 07:30

B[17-24] Step Point w/ Snap x2, Hip Roll w/ Snap x2

- 1-2 Step R fw, point L to L side snapping R 07:30
 3-4 Step L fw, point R to R side snapping L

B* - Replace counts 5-8

- 5-6 Step R fw, turn ⅛ L stepping onto L (06:00)
 &7&8 Bring R towards L, bump R hip up turning ¼ L, bump hip down, turn ¼ L stepping back on R sitting down into R hip (12:00)

Skip the last 8 counts and restart into C

- 07 30
 5-6 Turn ⅛ L stepping R to R side rolling hips CCW, snap R (weight R) 06:00
 7-8 Roll hips CW, snap L (weight L) 06:00

B[25-32] Swivel, Step Swivel ¼ R, Swivel, Step Swivel ¼ L, Body Roll, C Hip ½ L (last 8 counts of A section)

- 1&a Swivel R foot towards L – heel, toe, heel (weight R) 06:00
 2&a Step L fw, swivel R heel ¼ R, swivel L heel out 09:00
 3&a Swivel L foot towards R – heel, toe, heel (weight L) 09:00
 4&a Step R fw, swivel L heel ¼ L, swivel R heel out 06:00
 5-6 Roll body from bottom up (weight L) 06:00
 &7&8 Bring R towards L, bump R hip up turning ¼ L, bump hip down, turn ¼ L stepping back on R sitting down into R hip 12:00

C SECTION (always starts facing 12:00)

C[1-8] Walk x2, Kick Ball Side Rock, Cross Side, Touch Hip Hip

- 1-2 Walk fw L, R 12:00
 3&4& Kick L fw, step L in place, rock R to R side, recover onto L 12:00
 5-6 Cross R over L, step L to L side 12:00
 &7-8 Touch R next to L, step R to R side swaying hips R, sway hips L (going down and up) 12:00

C[9-16] Booty Roll ¼ L, Knee Pop, Cross ¼ L, Batucadas

- 1-2 Swivel heels ¼ L while making a booty roll back and up (weight R) 09:00
 3&4& Transfer weight onto L popping R knee, transfer weight onto R popping L knee, repeat 09:00
 5-6 Cross L over R, turn ¼ L stepping R back 06:00
 &7&8 Step L back touching R fw (knee bent), step R back touching L fw (knee bent) (use your hips) 06:00

C[17-24] Ball step, ¼ R, Swivel Heels, Behind ¼ L, Out Out, Knee Pop

- &1-2 Step L next to R, step R fw, turn ¼ R stepping L to L side 09:00
 3&4& Swivel R heel in and back to centre, repeat with L (weight L) 09:00
 5-6 Cross R behind L, turn ¼ L stepping L fw 06:00
 &7&8 Step out out R-L, pop knees fw lifting both heels off floor, put heels back down (weight ends on L)

C* - Change the following

Skip the last 8 counts and go straight into the ending 06:00

C[25-32] Rock w/ Sit, Kick Step Lock Step, Step ½ R, Out Out, In Touch

- 1-2 Rock R back sitting into R hip, popping L knee and looking over your R shoulder (all on count 1), recover (everything) onto L 06:00
- 3&4& Kick R fw, step R fw, lock L behind R, step R fw 06:00
- 5-6 Step L fw, turn ½ R stepping onto R 12:00
- &7&8 Step out out L-R, step L in, touch R next to L 12:00

Tag (starts facing 12:00)

T[1-8] Walk, Rock Sweep, Behind, Rock ¼ R, Back, Back Touch

- 1-2-3 Walk R fw, rock L fw, recover onto R sweeping L CCW 12:00
- 4&5 Cross L behind R, rock R to R side, turn ¼ R grinding R on ball of foot 03:00
- 6&7 Recover onto L, step R back, Hold 03:00
- 8& Step L back, touch R next to L 03:00

T[9-16] Walk, Rock Sweep, Behind, Rock ¼ R, Back, Back Together

- 1-7 Repeat first 7 counts of previous 8 06:00
- 8& Step L back, step R next to L

This will be a coaster step when you add count 1 of B 06:00

Ending (starts facing 06:00)

E[1-8] Swivel, Step Swivel ¼ R, Swivel, Step Swivel ¼ L, REPEAT

- 1&a Swivel R foot towards L – heel, toe, heel (weight R) 06:00
- 2&a Step L fw, swivel R heel ¼ R, swivel L heel out 09:00
- 3&a Swivel L foot towards R – heel, toe, heel (weight L) 09:00
- 4&a Step R fw, swivel L heel ¼ L, swivel R heel out 06:00
- 5-8&a Repeat counts 1-4&a 06:00

**E[9-16] Swivel, Step Swivel ¼ R, Swivel, Step Swivel ¼ L, Body Roll, C Hip ½ L
(last 8 counts of A section)**

- 1&a Swivel R foot towards L – heel, toe, heel (weight R) 06:00
- 2&a Step L fw, swivel R heel ¼ R, swivel L heel out 09:00
- 3&a Swivel L foot towards R – heel, toe, heel (weight L) 09:00
- 4&a Step R fw, swivel L heel ¼ L, swivel R heel out 06:00
- 5-6 Roll body from bottom up (weight L) 06:00
- &7&8 Bring R towards L, bump R hip up turning ¼ L, bump hip down, turn ¼ L stepping back on R sitting down into R hip 12:00

Hope you enjoy
