

Curb Your Attitude

COPPERKNOB
BY STEPHEN

拍數: 160 牆數: 1 級數: Phrased Advanced
編舞者: Jannie Tofte Stoian (DK), Tim Johnson (UK) & Kirsten Matthiessen (DK) - June 2017
音樂: Perm - Bruno Mars



Intro: 4 counts from main beat (app. 13 seconds into track)

Phrasing: AB AB Tag CC B

A: 64 counts

A[1-8] Side, Hold, Ball side rock, Ball side, Knee pop x2, Hold

1-2 Step R to R side, hold 12:00
&3-4 Step L next to R, rock R to R side, recover onto L 12:00
&5 Step R next to L, step L to L side 12:00
6-7-8 Collect R next to L popping R knee fw, change weight to R popping L knee fw, hold 12:00

A[9-16] Ball mambo fw, ¼ L side, Hold, Ball step, Body isolation x3, Kick

&1&2 Step L next to R, rock R fw, recover onto L, step R back 09:00
3-4 Turn ¼ L stepping L to L side, hold 09:00
&5 Step R next to L, step L to L side (angling body to L diagonal) 09:00
6&7-8 Body roll top down (isolating in three stages: boobs, belly, bottom) ending with weight on R, kick L to L diagonal 09:00

A[17-24] Behind side cross, Side switches, ¼ L step, Scuff, ¼ L hitch, Step slide

1&2 Cross L behind R, step R to R side, cross L over R 09:00
3&4 Point R to R side, step R next to L, point L to L side (prep your body R) 09:00
5-6& Turn ¼ L stepping L fw, scuff R heel, turn ¼ L hitching R knee 03:00
7-8 Step R big step to R side, drag L towards R 03:00

A[25-32] Sailor ¼ L, walk x2, Side switches, Kick ball step

1&2 Cross L behind R, turn ¼ L stepping R slightly R, step L fw 12:00
3-4 Walk R, walk L 12:00
5&6& Point R to R side, step R next to L, point L to L side, step L next to R 12:00
7&8 Kick R fw, step R next to L, step L fw 12:00

A[33-40] Step touch diagonally fw x2, Step touch diagonally back x2

&1&2 Step R diagonally fw (&), touch L next to R (1), point R arm up and L arm down (think disco pose) (&), hold (2) 12:00
&3&4 Step L diagonally fw (&), touch R next to L (3), point both hands towards chest and collapse chest (&), hold (4) 12:00
&5&6 Step R diagonally back (&), touch L next to R (5), both arms go out to sides bent at elbow fists up (think strong man) (&), hold (6) 12:00
&7&8 Step L diagonally back (&), touch R next to L (7), arms stay in same position but hands flip down and point in towards legs (&), hold (8) 12:00

A[40-48] Phone down pop, Mambo ¼ L, Instagram, Twitter

1-2 (arms drop from previous 8) Right hand goes to R ear as holding a phone while popping R knee (1), put phone down while transferring weight to R and popping L knee (2) 12:00
3&4 Rock L fw, recover onto R, turn ¼ L stepping L to L side 09:00
5-6 Angle body to L diagonal and pretend you're taking a selfie with phone in R hand (5), angle body to R diagonal and pretend you're taking a selfie with phone in R hand (6) 09:00
7-8 Keeping R hand in the air, open and close fingers (bird tweeting) (weight L) 09:00

A[49-56] Hitch step slide, Cross rock side, Sailor step x2

- &1-2 Small hitch R, step R big step R swinging R arm to R side, drag L towards R 09:00
3&4 Drop arms, cross rock L over R, recover onto R, step L to L side 09:00
5&6 Cross R behind L, step L to L side, step R to R side 09:00
7&8 Cross L behind R, step R to R side, step L to L side 09:00

A[57-64] Back pop x2, Coaster step, Isolations, ¼ R

- 1-2 Step R back popping L knee, step L back popping R knee 09:00
3&4 Step R back, step L next to R, step R fw 09:00
5-6 Step L next to R raising arms bent at elbows hands upwards (think strong man) (5), arms stay in place but "flips" so hands are down (6) 09:00
7-8 Arms/upper body turns ¼ R (7), rest of body follows (8) (weight R) 12:00

B: 64 counts**B[1-8] Hip roll, C bump, Hip bump, Cross back 3/8 R**

- 1-2 Step L to L side rolling hips CW, bump hips towards R 12:00
3&4 Bump hips up R, bump hips down L, step onto R (C pattern hip bump) (right arm follows hips ending with a snap) 12:00
5&6 Angle body towards L diagonal bumping hips fw, bump hips back, bump hips fw (weight ending on L) 10:30
7-8 Turn 1/8 R crossing R over L, turn ¼ R stepping L back 03:00

B[9-16] Step slide, Ball step, Step hitch hold, Ball rock step

- 1-2 Step R big step to R side, drag L towards R 03:00
&3-4 Turn 1/8 L stepping L next to R, step R fw on the diagonal, step L fw on the diagonal 01:30
5-6 Hitch R knee while going up on the ball of L foot, hold 01:30
&7-8 Step R next to L, rock L fw, recover onto R 01:30

B[17-24] Behind side, Cross shuffle, Heel swivel, Coaster step, Step ½ L turn

- 1&2&3 Step L back crossing slightly behind R, turn 1/8 R stepping R to R side, cross L over R, step R to R side, cross/place L slightly over R 03:00
&4 Swivel both heels towards L, swivel back to center (weight ends on R) 03:00
5&6 Step L back, step R next to L, step L fw 03:00
7-8 Step R fw, turn ½ L keeping weight on R 09:00

B[25-32] Back pop x2, Coaster step, Box slide

- 1-2 Step L back popping R knee fw, step R back popping L knee fw 09:00
3&4 Step L back, step R next to L, step L fw 09:00
5-6-7-8 Turn ¼ L stepping R to R side, turn ¼ L stepping L to L side, turn ¼ L stepping R to R side, turn ¼ L stepping L to L side 09:00

B[33-40] Kick step rock step x2, Cross back, Shuffle ½ R

- 1&2&3 Kick R fw, step R next to L, rock L to L side, recover onto R 09:00
3&4&5 Kick L fw, step L next to R, rock R to R side, recover onto L 09:00
5-6 Cross R over L, step L back 09:00
7&8 Turn ¼ R stepping R to R side, step L next to R, turn ¼ R stepping R fw 03:00

B[40-48] Kick step rock step x2, Cross back, Shuffle ¼ L

- 1&2&3 Kick L fw, step L next to R, rock R to R side, recover onto L 03:00
3&4&5 Kick R fw, step R next to L, rock L to L side, recover onto R 03:00
5-6 Cross L over R, step R back 03:00
7&8 Turn ¼ L stepping L to L side, step R next to L, step L to L side 12:00

B[49-56] Kick step rock step x2, Cross back, Shuffle ½ R

- 1&2&3 Kick R fw, step R next to L, rock L to L side, recover onto R 12:00
3&4&5 Kick L fw, step L next to R, rock R to R side, recover onto L 12:00

- 5-6 Cross R over L, step L back 12:00
 7&8 Turn ¼ R stepping R to R side, step L next to R, turn ¼ R stepping R fw 06:00

B[57-64] Kick step rock step x2, Cross unwind ½ L, Camel walk x2

- 1&2& Kick L fw, step L next to R, rock R to R side, recover onto L 06:00
 3&4& Kick R fw, step R next to L, rock L to L side, recover onto R 06:00
 5-6 Touch L behind R, unwind ½ L (weight on L) 12:00
 7-8 Step R fw popping L knee, step L fw popping R knee 12:00

C: 32 counts

C[1-8] Side together side touch x2

- 1-2 Step R to R side popping knees out, step L next to R returning knees to center 12:00
 3-4 Step R to R side popping knees out, touch L next to R returning knees to center
 (styling: body roll top down) 12:00
 5-6 Step L to L side popping knees out, step R next to L returning knees to center 12:00
 7-8 Step L to L side popping knees out, touch R next to L returning knees to center
 (styling: body roll top down) 12:00

C[9-16] Vine w/ touch x2

- 1-2-3-4 Step R to R side, cross L behind R, step R to R side, touch L next to R while rolling R arm out ending with a snap 12:00
 5-6-7-8 Step L to L side, cross R behind L, step L to L side, touch R next to L while rolling L arm out ending with a snap 12:00

C[17-24] Place lean x2, Step back touch x2

- 1-2 Place R to R side, transfer weight onto R leaning towards R 12:00
 3-4 Place L to L side, transfer weight onto L leaning towards L 12:00
 5-6 Step R diagonally back, touch L next to R 12:00
 7-8 Step L diagonally back, touch R next to L 12:00

C[25-32] Knee pops w/ arms

- 1-2-3 Pop L knee fw while placing both hands behind your head, pop R knee fw while placing both hands on lower back/hips, pop L knee fw while crossing arms and placing both hands on thighs (imagine you're patting yourself down) 12:00
 4&5 (L knee returns to "normal") Point to both sides extending arms (4), bring both arms next to body, elbows bent, pointing up (&), straighten arms next to body, pointing down (5) 12:00
 6-7-8 Transfer weight onto L dropping arms (6), extend R arm in front of body while pointing up (as he sings "one more time") (7-8)

(On the second C you'll transfer weight onto R on the final count) 12:00

Tag: 16 counts

T[1-8] Kick step rock step x2, Cross back, Shuffle ½ R

- 1&2& Kick R fw, step R next to L, rock L to L side, recover onto R 12:00
 3&4& Kick L fw, step L next to R, rock R to R side, recover onto L 12:00
 5-6 Cross R over L, step L back 12:00
 7&8 Turn ¼ R stepping R to R side, step L next to R, turn ¼ R stepping R fw 06:00

T[9-16] Kick step rock step x2, Cross back, Shuffle ½ L

- 1&2& Kick L fw, step L next to R, rock R to R side, recover onto L 06:00
 3&4& Kick R fw, step R next to L, rock L to L side, recover onto R 06:00
 5-6 Cross L over R, step R back 06:00
 7&8 Turn ¼ L stepping L to L side, step R next to L, turn ¼ L stepping L fw 12:00

Hope you enjoy

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