

Heavy

COPPER KNOB
BY STEPHEN BRETZ

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kayla Cosgrove (USA) - October 2017
音樂: I Like It Heavy - Halestorm : (CAREFUL! Make sure you get the clean edit)



Start Dance On Lyrics

S1. WALK, WALK, TOUCH STEP, ¼ RIGHT BODY ROLL, POINT BALL CROSS

1,2,3,4 Walk fwd R(1) walk fwd L(2) touch R toes to L instep with attitude(3) Step fwd R(4)
5,6,7&8 Make ¼ R stepping L to L side as you start side body roll(5) Finish side body roll(6) (Weight ends on L) R toes out should be slightly out to R, tap toes to R or in place(7) Step down on R(&) cross L over R(8) (3:00)

S2. ¼ RIGHT, ½ RIGHT WITH SWEEP, SAILOR STEP, KICK BALL POINT DRAG, STEP SIDE ROCK

1,2,3&4 ¼ R stepping R fwd(1) ½ T stepping L back as you sweep the R around to the back(2) Step R behind L(3) Step L to L(&) Step R to R(4)
5&6,7,8& Kick L fwd(5) Step down on L(&) Point r toes to R side as you bend L knee to dip down(6) Drag R toes in (7) Step R down in place(8) Rock L slightly out to L(&) (12:00)

*****RESTART HERE: Wall 4

S3. HIP POP, ¾ LEFT, BEHIND SIDE CROSS, KICK SIDE WITH LIFT, CROSS

1,2,3&4 Pop/push R Hip to R with light weight as you lift L toes up(1) ¼ L stepping L fwd(2) Step R fwd(3) ½ turn left stepping L(&) ¼ L stepping R to R side(4)
5&6,7,8 Step L behind R(5) Step R to R(&) Cross L over R(6) Kick L out low to L side as you raise slightly on ball of R(7) Cross R over L bending both knees a little for a dip feel(8) (12:00)

*****TAG-START: Wall 7

S4. ¼ RIGHT HIP BUMPS, CHASE ½ RIGHT, ¾ LEFT HITCH TURN, SIDE CROSS

1&2,3&4 Make ¼ L and bump L hips fwd(1) L hips back(&) L hip fwd stepping L fwd(2) Bump R hips fwd(3) Bump R hips back(&) Bump R hips fwd stepping R fwd(4)
5&6,7,8& Step L fwd(5) turn ½ R stepping fwd R(&) Step L fwd as a prep step(6) ¾ left stepping back on R as you hitch the L knee up – most of your rotation will be on the ball of the R foot(7) Step L to L side(8) Cross R over L(&) (6:00)

S5. SIDE ROCK, CROSS SIDE ROCK, STEP ½ LEFT, KICK BALL POINT FORWARD

1,2&3,4 Rock L to L(1) Recover R(2) Cross L over R(&) Rock R to R(3) Recover L(4)
5,6,7&8 Step R fwd(5) Pivot ½ L putting weight fwd on L(6) Kick R fwd(7) Step down on ball of R(&) point L toes fwd(8) (12:00)

S6. BODY ROLL DOWN, BODY ROLL UP, STEP RIGHT, STEP LEFT, HIP ROLL ¼ RIGHT

1,2,3,4 Start body roll from top(1) Finish body roll at bottom(2) Start body roll from bottom(3) Finish body roll at top(4)
5,6,7,8 Step R out(5) Step L out(6) Roll hips full circle clockwise(7) Make ¼ R on heel of R foot, weight mostly on ball of L foot(8) (3:00)

RESTART: Wall 4 Facing 9:00

Dance the 1st 16 counts of the dance

TAG-START: Wall 7 Facing 6:00

Dance the first 24 counts of the dance, the add the below 4 counts

SIDE ROCK, COASTER STEP

1,2,3&4 Rock L to L(1) Recover to R(2) Step L back(3) Step R together(&) Step L fwd(4) (Start from the beginning)

Optional Ending to face front. She sings "I like it like it heavy" you can add an extra hip roll, and add an over

rotation of the $\frac{1}{4}$ at the very end of the dance to face the front.
