

I Get Knocked Down

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: High Improver
編舞者: Dongsook Kim (KOR) - January 2018
音樂: Tubthumping - Chumbawamba



Intro : 16 Counts

Tag : A 16 Count Tag Will Occur After Wall 1 (Facing 3.00) and wall 2 (Facing 6.00)

S1: RF and LF Cross Mambos , RF and LF Side Switches, Across, 1/2 Turn L

1&2 Rock RF cross over LF(1), Recover onto LF(&), Step RF to R side(2)
3&4 Rock LF cross over RF(3), Recover onto RF(&), Step LF to L side(4)
5&6& Touch RF to R side(5), Close RF next to LF(&), Touch LF to L side(6), Close LF next to RF(&)
7-8 Across RF in front of LF(7), Make a 1/2 turn L and step forward on LF(8) 6.00

S2: Cross Rock, Side Rock, Sailor step with R, Cross Rock, Side Rock, Sailor step 1/4 Turn L with L

1&2& Rock RF cross over LF(1), Recover onto LF(&), Rock RF side to R(2), Recover onto LF(&)
3&4 Cross RF behind LF(3), Step LF to L side(&), Step RF to R side(4)
5&6& Rock LF cross over RF(5), Recover onto RF(&), Rock LF side to L(6), Recover onto RF(&)
7&8 Make a 1/4 turn L and Cross LF behind RF(7), Step RF side to R(&), Step LF to L side(8) 3.00

S3. RF Cross Rock × 2, Cross Samba with R, LF Cross Rock × 2, Cross Samba with L

1&2& Rock RF cross over LF(1), Recover onto LF(&), Rock RF cross over LF(2), Recover onto LF(&)
3&4 Cross RF over LF(3), Rock LF to L side(&), Recover onto RF(4)
5&6& Rock LF cross over RF(5), Recover onto RF(&), Rock LF cross over RF(6), Recover onto RF(&)
7&8 Cross LF over RF(7), Step RF to R side(&), Step LF to L side(8)

S4: Fwd Mambo, Back, Back Mambo, Fwd, Syncopated Lock step, Tap

1&2 Rock RF forward(1), Recover onto LF(&), Step back on RF(2)
3&4 Rock LF back(3), Recover onto RF(&), Step forward on LF(4)
5&6 Step forward diagonal on RF(5), Lock LF behind RF(&), Step forward diagonal on RF(6)
&7& Step forward diagonal on LF(&), Lock RF behind LF(7), Step forward diagonal on LF(&)
8 Tap RF beside LF(8)

S5: Cross, Side, Sailor step with R, Cross, Side, Sailor step 1/4 Turn L with L

1-2 Cross RF over LF(1), Step LF to L side(2)
3&4 Cross RF behind LF(3), Step LF to L side(&), Step RF to R side(4)
5-6 Cross LF over RF(5), Step RF to L side(&)
7&8 Make a 1/4 turn L and Cross LF behind RF(7), Step RF to R side(&), Step RF to L side(8) 12.00

S6: Cross, Side, Weave, Side Rock, 1/4 Turn and Fwd, Shuffle Fwd

1-2 Cross RF over LF(1), Step LF to L side(2)
3&4 Cross RF behind LF(3), Step RF to R side(&), Cross LF over RF(&)
5-6 Rock LF side to L(5), Make a 1/4 turn to R and recover onto RF(6) 3:00
7&8 Step forward on LF(7), Close RF next to Lf(&), Step forward on LF(8) 3.00

S7: Shoulder Isolations (R-L, R-center-R, L-R, L-center-L)

- 1-2 Step RF to R side and push upper body to R(1), Push upper body to L(2)
- 3&4 Push upper body to R(3), Return body to the center(&), Push upper body to R(4)
- 5-6 Push upper body to L(5), Push upper body to R(6)
- 7&8 Push upper body to L(7), Return body to the center (&), Push upper body to L(8)

S8: RF Side , Together, Circle Hips×2, LF Fwd, Together, Circle Hips×2

- 1-2 Make a 1/8 turn L and step RF to R side(1), Step LF together next to RF(2) 1:30
- 3-4 Circle hips counter-clockwise twice quick(weight ends on RF)
- 5-6 Make a 1/8 turn R and step LF to L side(5), Step RF together next to LF(6) 3:00
- 7-8 Circle hips counter-clockwise twice quick(weight ends on LF)

Start dancing again!

Tag : a 16 count Tag will occur after wall 1 (Facing 3.00) and wall 2 (Facing 6.00)

Tag is the 16 count of Sec.5 and Sec.6

ENDING on wall 5 dance up to 45 count then recover on LF, cross shuffle (cross LF over RF, step RF to R side, cross LF over RF) 12.00

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Last Update - 30th Dec. 2018
