

You're Welcome

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 1 級數: Beginner
編舞者: Susan Dodge (USA) - April 2018
音樂: You're Welcome - Dwayne Johnson : (CD: Moana - Original Soundtrack Deluxe Edition Disney)



Intro: 20 counts, 1 restart (leave off last 4 heel bounces), 1 tag (add 8 heel bounces)

Sec.1 [1-8] CHASSE R, ROCK BACK, RECOVER, STEP, TOUCH, STEP TOUCH

1&234 Step R to right (1), Step L beside R (&), Step R to right (2), Rock L back (3), Recover on R (4)
5&678 Step L to left side (5), Touch R toe beside L (clap) (6), Step R to right side (7), Touch L toe beside R (clap) (8)

Sec.2 [9-16] CHASSE L, ROCK BACK, RECOVER, ¼, TOE STRUTS 2X

1&234 Step L to left side (1), Step R beside L (&), Step L to left (2), Rock R back (3), Recover on R (4)
5678 Turn ¼ right and Touch R toe forward, drop R heel, Touch L toe forward, drop L heel (3:00)

Sec.3 [17-24] JUMP FORWARD, JUMP BACK, WALK 4 STEPS IN ¾ TURN

&1-2 Jump forward on R (&), Step L beside R (1), Hold with clap (2)
&3-4 Jump back on R (&), Step L beside R (3), Hold with clap (4)
5678 Walk 4 steps traveling in ¾ circle to right (clockwise) (12:00)

Sec.4 [25-32] RIGHT SIDE STEPS 3X, SIDE, SCUFF (like the Hawaiian hula)

1234 Step R side (1), Step L beside R (2), Step R side (3), Step L beside R (4), sway hip R on R steps
5678 Step R side (1), Step L beside R (2), Step R side (3), L scuff (4)

Sec.5 [33-40] LEFT SIDE STEPS 3X, ¼, STEP, SCUFF (like the Hawaiian hula)

1234 Step L side (1), Step R beside L (2), Step L side (3), Step R beside L (4) (sway hip L on L steps)
5678 Step L side (1), Step R beside L (2), Turn ¼ left, Step L forward, R scuff (4) (9:00)

Sec.6 [41-48] MAMBO FORWARD 4X

1&2 Step R forward (1), Step L back in place (&), Step R beside L (2)
3&4 Step L forward (3), Step R back in place (&), Step L beside R (4)
5&6&7&8 Repeat 1-4 above

(Easier option: Replace above 8 counts with 4 heel-steps R,L,R,L)

Sec.7 [49-56] PADDLES ¼ 3X, ¼, STEP, STEP

1234 Step R forward (1), Turn ¼ left and step L (2), Step R forward (3), Turn ¼ left and step L (4) (3:00)
5-6 Step R forward (3), Turn ¼ left and step L (4) (12:00)
7-8 Step R beside L (7), Step L beside R (8)

Sec.8 [57-64] HEEL BOUNCES 8X, ARMS RAISE WITH HAND FLIPS

1-4 Bounce heels (lift both heels) 4X, raise both arms in front and flex hands up on each bounce

RESTART: Wall 1 – Omit last 4 counts, restart dance

4-8 Bounce heels (lift both heels) 4X, raise both arms in front, flex hands up on each bounce

TAG: At the end of 4th repetition, repeat this section, counts (57-64)

ENDING: On Wall 6, dance up to count 16 but stay facing front (don't make last ¼ turn), Step R to right side, hands on hips on the last beat

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