

March to the Beat

COPPER KNOB
STEPSHETS

拍數: 80 牆數: 0 級數: Phrased High Intermediate
編舞者: Johanna Barnes (USA) - June 2018
音樂: Different Drum - Blanca



(16 count Intro to start)

Details: Sequence is ABCC, ABCC, C, BB, 4-count Tag, CC

(Clock notation begins on your start wall as 12:00. Each phrase of each part will be noted relating to the sequence.)

PART A (32 counts) Start of phrase begins at 12:00 and ends at 12:00 each time.

Music & Lyrics Hint: smooth sound, 'attention' and 'mission'

A [1~8]: R PUSH-ROCK, BALL-STEP-STEP, L PUSH-ROCK, BALL-STEP-STEP (or alternate hip roll option)

1, 2 & R forward push/rock toward right diagonal (1); recover weight to L (2); R step next to L (&)
3, 4 L step forward, slightly crossed (3); R step to right side, redirect to left diagonal (4)
5, 6 & L forward push/rock toward left diagonal (5); recover weight to R (6); L step next to R (&)
7, 8 R step forward (7); L step forward (8)

Alternate Option 1-8: R touch to right diagonal with forward hip roll (1); recover back onto L (2); hip roll forward onto R (3); hold (4); L touch to left diagonal with forward hip roll (5); recover back onto R (6); roll forward onto L (7); hold (8)

A [9~16]: R CROSS-ROCK-RECOVER-SIDE, L CROSS-ROCK-RECOVER-¼ L, STEP R/L, ½ R, L STEP

1, 2& cross rock R over L (1); recover weight to L (2); step R to right side (&);
3, 4& cross rock L over R (3); recover weight to R (4); ¼ turn left, onto L [9:00] (&);
5,6,7,8 R step forward (5); L step forward (6); ½ turn right, onto R [3:00] (7); L step forward (8)

A [17~24]: QUICK STEP, ¼ R SALUTE, R STEP, HITCH L, BALL-BACK, L TOUCH BACK, ½ L

&1,2,3 push off L, make a quick step forward on R (&); L step slightly past R (1); ¼ turn right, leaving weight L and R ball of foot next to L, with R arm salute (standard military-style to 'hat brim') [6:00] (2); hold (3)
4, 5&6 R step forward (4); hitch L knee (5); L step down (&); R step back (6);
7, 8 L touch back (7); ½ turn left, taking weight L [12:00] (8)

A [25~32]: R HITCH, HEEL JACK, HOLD, R VAUDEVILLE, STEP L/R, ½ TURN L

1&2,3 hitch R knee (1); R step, slightly back (&); present L heel forward (2); hold (3)
&4 step L back and slightly to left side (&); R step across L (4)
&5&6 L step to left side (&); present R heel to right diagonal (5); R step next to L (&); L step forward (6)
7, 8 R step forward (7); ½ turn left taking weight onto L [6:00] (8)

PART B (16 counts) Start of phrase begins at 6:00 and ends at 12:00, except when it is repeated which is at 12:00

Music & Lyrics Hint: 'let's break the mold' and 'we're walking out' as well as 'step 1-2' and 'make history' for the repeat B

B [1~8]: R/L KICK-CROSS-ROCK-RECOVER STEPS, R CROSS, L BACK, QUICK OUT R- OUT L, R HEEL-HITCH

1&2& R low kick forward (1); R step across L (&); rock back onto L (2); recover weight onto R (&)
3&4& L low kick forward (3); L step across R (&); rock back onto R (4); recover weight onto L (&)
5, 6 R cross step over L (5); L small step back (6)
&7, 8 quick step R out to right side (&); quick step L out to left side (7); hitch R heel behind L (8)

Movement Hint 1-4&: Angle open to right as you R cross-rock-rec, to left as you L cross-rock-rec, all with a slight bounce.

B [9~16]: SIDE-KICK-STEP-HITCH STEPS R L, ½ TURN WALKAROUND R L R L

- 1&2 R low kick to right side (1); slight hop-step down onto R (under the space you kicked to) (&); touch L behind R (2)
- 3&4 L low kick to left side (3); slight hop-step down onto L (under the space you kicked to) (&); touch R behind L (4)
- 5,6,7,8 step-walk forward in a half circle to the right with R (5); L (6); R (7); L [12:00] (8)*

Easy Option 1-4: step out R (1); touch L behind (2); step out L (3); touch R behind (4)

Advance Option 1-4: Add an opposite kick at the same time you replace your foot after the first kick! (kick-kick-hitch).

[*TAG* HERE after REPEAT B]: Cross L over R at end of (repeat) Part B (8), unwind ½ turn right over 4 counts, then start Part C (turn that ¼ right to 3:00 to start C).

PART C (32 counts) Start of 1st C-phrase begins at 3:00. Start of 2nd C-phrase begins at 9:00.

When you do a 3rd C-phrase in the sequence, you will begin at 3:00.

Clock notations below are for the 1st C-phrase beginning at 3:00 only.

Music & Lyrics Hint: 'march to the beat' and 'left right left' and 'standout'. Also, the 3rd in a row Part C, is basically an instrumental phrase (only background vocals 'left-right-left' repeats quietly).

C [a1~8]: QUICK ¼ R TURN, MARCH-HOLD R L, ROCK-RECOVER-BACK, OUT-OUT
(or ROCK-RECOVER, ½ PIVOT TURN R, ½ CLOSE TURN R, OUT R**)**

- a quick ¼ turn R (pushing off of L) [3:00] (a)
- 1-2,3-4 R step forward (1); hold (2); L step forward (3); hold (4)
- 5 & a R rock forward (5); recover back onto L (&); small step back (a); pause through count (7)
- & 8 L small step out to left (&); R small step out to right (8)

Arm Styling 1-4: (should feel natural to do) arm bent, elbow out, and forearm chest level, L with R step and R with L step

****Optional R FULL SYNCOPATED TURN 5-8:**

- 5 & a R rock forward (5); recover back onto L (turn the L foot inward) (&); ½ turn right stepping onto R [9:00] (a);
- & 8 Close L next to R while making ½ turn R, taking weight on L [3:00] (&); R small step out to right (8)

Musicality: *Counts 5-8* go with the lyrics 'diff-rent-drum' and 'we do/that'. (Dance to lyrics and not counts)

C [9~16]: LEFT-RIGHT-LEFT HIP-HOP-HITCHES, dance to OUR OWN RHYTHM OR HIP PULSE-CIRCLES**

- 1&2& lift L knee (from hip) (1); step down onto L (&); lift R knee (from hip) (2); step down onto R (&)
- 3&4 lift L knee (from hip) (3); step down onto L (&); hold (4)
- 5,6,7,8 **The lyrics are 'to our own rhythm' on every Part C (rhy-thm being 2 hits). There are SO many ways to interpret this; through hip circles, quick sways, hip thrusts, 'flossing', off beat hip thrusts, hands together and snaking them down with bent knees...try something!

However since I know you're not always feeling creative here's a basic 4 count:**

- 5,6,7,8 with feet apart, generally split weight, rock hips forward to L (5); rock hips back to R (6); rock forward to L (7); and circle counter-clockwise back to R (hip circle(s) (8) (try syncopating this basic movement to the lyrics)

C [&17~24]: HEEL GRIND-ROCK-RECOVER R L, ¼ TURN JAZZ BOX

- &1, 2 quick weight change to L (&); R heel press forward, toes turned to the left (1); rotate toes right (angle body and with L foot) while returning weight to L (2)
- &3, 4& step R next to L (&); L heel press forward, toes turned to the right (3); rotate toes left (angle body and with R foot), while returning weight to R (4); step onto L (&);
- 5,6,7,8 R step across L (5); L step back (6); R step ¼ right [6:00] (7); L step forward (8)

C [&25~32]: QUICK FORWARD STEP WITH ARMS, PUSH-SKATES R L

- &1, 2 pushing off L, quick step forward onto R (&); step L next to R, while bringing arms out and slowly up (1); hold (2)

- 3, 4 pulse body into the floor (through slightly bent knees) to mark time (finish arm movement) (3-4)
- 5, 6 pushing off L, swivel stepping R to right angle* (5); coming back to center, touch L toe next to R (6)
- 7, 8 pushing off R, swivel stepping L to left angle* (7); come back to center, leave R in place, weighted mostly L (8)

***Arm Styling 5-8: Think 'disco thumbs.' Skate R, with R arm/hand to right, and left hand/arm back (5); Skate L, with L arm/hand to left, and right hand/arm back (7)**

(BEGIN AGAIN, and most certainly DWYF!)

FLOOR SPLIT Alternative: Choreography titled REDIRECT ATTENTION, as a Novice and/or Easy-Intermediate level option. 32-count, 2-wall version which draws upon the movement of March to the Beat.

V1.0

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This step description is intended to be a guideline. Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel. <http://www.youtube.com/user/DanceWhatYouFeel>

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