

Total Chaos

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Nicole Gagne - September 2018
音樂: Love Train - Big & Rich



Intro: Begin on lyrics

SYNCOPATED TOE TOUCHES, AND ROCK STEPS

- 1& Touch right side, return right foot home
- 2& Touch left side, return left foot home
- 3& Touch right together, step right back
- 4& Touch left together, step slightly forward on left - take weight
- 5-6 Rock right forward, recover to left
- 7-8 Rock right back, recover to left

Styling: add arm movements with toe touches

SHUFFLE, 1/2 TURN, ROCK AND SAILOR

- 1&2 Chassé forward right-left-right
- 3-4 Step left forward, making a 1/2 turn right
- 5-6 Rock step to the left with left foot, rock recover to the right
- 7&8 Sailor step left - cross left behind, step right, step left together

KNEE ROLLS, SYNCOPATED STEPS FORWARD

- 1-2 Traveling forward with weight on the ball of right foot - step forward right and roll right knee out to right side, take weight to right foot on count 2 (making circle)
- 3-4 Step left toe forward, and roll left knee out to left side, take weight to left foot on count 4
- 5 Stomp right forward
- 6 Clap
- &7 Make a quick step forward bringing left foot behind right, stomp right forward
- 8& Hold on count 8, cross left behind

TWO 1/8 TURNS LEFT, HIP BUMPS

- 1-2 With weight to left foot, step right forward, hold on count 2 (clap)
- 3-4 Swivel heels right, making two 1/8 turns left - completing 1/4 left - weight to right
- 5-6-7-8 Hip left, hip right, hip left, left

Styling: add shoulder movements with hip bumps

REPEAT

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