

Funked!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Karen Tripp (CAN) & Val Saari (CAN) - April 2019
音樂: Theme From "Which Way Is Up" - Stargard : (Album: '70s Soul Number 1's)



Music Available from iTunes and Amazon, 3:07 mins - No Tags/Restarts

Wait 32 from main down beat, start on lyrics, 25 sec. into the track

(S1) OUT-OUT (FWD), IN-IN (BK), KNEE KNOCKS 2X, SYNC. OUT-OUT-IN-IN

- 1-4 Step diagonally forward on RF, Step LF out to side (styling tip: lead with your hips), step RF back to center, step LF together (feet about one foot apart)
- 5-6 Turn knees in toward each other and 'knock' 2X
- &7&8 Step RF out to right side (&), step LF out to left side (7), bring RF back to center (&), bring LF next to RF (8)

(S2) R TWIST BOUNCE 2X, L TWIST BOUNCE 2X, 2 JUMPS BACK (clap)

- 1-2 Twist both heels to the right and bounce on heels twice
- 3-4 Twist both heels to the left and bounce on heels twice
- &5-6 Jump back on RF (&), step LF together (5), clap (6)
- &7-8 Jump back on RF (&), step LF together (7), clap (8)

(S3) SYNCOPATED BACK WEAVE 3, POINT 2X, REPEAT TO RIGHT

- 1&2 Step RF behind, step side on LF, cross RF over left
- 3-4 Point left toe to left side and tap toe twice
- 5&6 Step LF behind, step side on RF, cross LF over right
- 7-8 Point right toe to right side and tap toe twice

(S4) SYNCOPATED BACK WEAVE, HEEL BOUNCE TURN ¼ (9:00)

- 1&2& Cross RF behind left, step side on LF, cross RF over, step side on LF
- 3&4 Cross RF behind left, step side on LF, cross RF over left
- 5-6, 7&8 Bounce on heels (5X) as you unwind turning left one wall, ending with weight on left

Ending: Dance ends facing 12:00 with a fade-out. You can dance up to count 16, ending with the 2 Jumps Back.

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