

Chasing Fire

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Adia Nuno (USA) - May 2019
音樂: Chasing Fire - Lauv



Count-in INTRO Options: Begin when Beat hits at Chorus (after 64 counts) OR Begin with walking forward on 5 after 60 count

Structure No Tags No Restarts

[1-8] KNEE DIPS—PUSH/KICK—BACK LOCK STEP—CLOSE/BODY ROLL—STEP

1-2&3-4 Standing with legs wider than shoulder width apart, (1) dip left knee towards the ground, (2) recover left knee to stand position (&) repeat the dip in count 1, (3) HOLD (4) with weight on left foot (knee dipped) push off Right foot into a low kick and quarter turn over right shoulder to 3:00

***There is a hold on 3 but you can use the count to shift weight almost completely on to left foot preparing for the push kick on count 4**

5&6 (5) Step backward with right foot, (&) Lock left in front of right, (6) step backwards again with right foot

7-8 (7) Close left foot next to right, bend knees and slight body roll while brushing both hands/arms alongside hips, (8) Step forward with right foot

[9-16] WALK—CLOSE—WALK, WALK—ROCK RECOVER CLOSE— SCOOT/HOP TURN

1-2& 3-4 (1) Walk forward left foot (2) Close right foot next to left (shifting weight to right leg)*slight lean back to imitate “pausing”, (&) Walk forward left foot, (3) HOLD (4) Walk forward right foot *hold count 3-slight pause

5&6 (5) Rock Left foot forward, (&) recover rocking Step, (6) Close Left foot next to right foot

7-8 (7) Twist hop 1/4 turn over left shoulder to 12:00 (only heels leave the ground) (8) Twist hop 1/4 turn over left shoulder (only heels leave the ground) to 9:00

*** have weight slightly if left foot although feet are touching)**

[17-24] BACK SWEEP—WEAVE with DOUBLE CROSS OVER—1/4 STEP—STEP

1-2 (1-2) Angle body back at 12:00 while pushing off left foot and sweeping right leg clockwise from front to back

3&4&5 (3) Cross right foot behind left, (&) Step left out to the side (body is still at 12:00) (4) Cross right foot in front of left, (&) Step left foot out to side (5) Cross right foot in front of left *should be “wound up”

6 (6) Unwind of left shoulder 360 degrees

***Easier Option: Hold 6 and omit the unwind then just step into next movement**

7-8 (7) Quarter Step left foot to 9:00, (8) step right foot towards 9:00 wall

[25-32] PIVOT/STEP—LOCK STEP—COASTER STEP—WALK—BRUSH

1-2&3 (1) pivot 180 degrees over left shoulder and restart left foot in place. End at 3:00 wall, (2) Cross right over left foot, (&) Step Left foot backwards. *pause on count 3

&4&5 (&) lock Right foot over left foot, (4) Step left foot backwards (&) Right foot steps back right next to Left, (5) Step forward onto left foot

6-7-8 (6) Step forward right foot, (7) Step left foot forward and brush right leg next to left bringing knee up to be close to parallel with the floor... open knee into hitch position (8) Step down in right foot with legs apart for beginning

***This song/dance is fast so if you have the ability you can slow it down a few BPM**

THANK YOU and Enjoy!

Make sure to check out the music video we created with some tricks and exciting videography!

Email: Coachanuno16@yahoo.com
