

You're So Fly

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver / Intermediate
編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - March 2019
音樂: You're So Fly - Ishan



Other Music Suggestions: Get Dat (Rauelle) [120 bpm]; Wheels On The House (Ray Scott) [132 bpm]

Note: No Tags Or Restarts.

Starting Position: Split weight with weight on heel of LF and ball of RF.

PART A: TRAVELLING APPLEJACKS L, TRAVELLING APPLEJACKS R

- 1-2 Move toes of LF and heel of RF to L at same time and change weight to ball of LF and heel of RF (V-fwd) (1), move heel of LF and toes of RF to L and change weight to heel of LF and ball of RF (V-back) (2)
- 3-4 Repeat 1-2 (end V-back)
- 5-6 Move heel of LF and toes of RF to R and change weight (V-fwd) (5), move toes of LF and heel of RF to R and change weight (V-back) (6)
- 7-8 Repeat 5-6 (end V-back)

Variation 1: Double time applejacks counted &1&2&3&4&5&6&7&8. Best done to slower music in the 105-110 range.

Variation 2: One footed toe/heel swivels for 3 counts and stomp other foot together on 4th count. Do this L and then R.

PART B: NIGHTCLUB TWO-STEP BASIC L AND THEN R

- 1-4 Rock LF behind RF in 3rd position (1), cross RF over LF (2), push toe of LF along floor to L (3), step on LF (4)
- 5-8 Rock RF behind LF in 3rd position (5), cross LF over RF (6), push toe of RF along floor to R (7), step on RF and end with hips slightly to R and both arms straightened and slightly back to L with L arm in front of body and R arm in back (8)

PART C: THE FLOSS

- 1-2 Swing both arms to R and bump hip to L (1), swing both arms to L in front of body and bump hips to R (2)
- 3-4 Swing both arms to R with the R arm in front and the L arm in back of body and bump hips to L (3), swing both arms to L and bump hips to R (4)
- 5-6 Swing both arms to R in front of body and bump hips to L (5), swing both arms to L with the L arm in front and the R arm in back of body and bump hips to R (6)
- 7-8 Swing both arms to R and bump hip to L (7), swing both arms to L in front of body and bump hips to R and end with more weight on RF than on LF and body ready to move R (8)

Challenge: Double time the floss, if you can!! Suggest single time 1,2,3, and double time &4&5&6&7&8&.

PART D: WEAVE R, HALF TURN RONDE, ROCK, RECOVER, STEP TOGETHER

- 1-3 Cross LF over RF (1), step RF to R (2), step LF behind RF (3)
- 4-5 Swing RF around to R with toe barely touching floor and do ½ turn R (4), step RF beside LF (5)
- 6-8 Rock back on LF (6), recover on RF (7), step LF beside RF (8)

Variation 1: Instead of stepping LF beside RF on 8, jump to diagonal forward L and land on both feet on 8, or do a skip jump by doing a jump, jump on &8.

Variation 2: Weave R for 1-4, then ½ turn R while doing two clockwise hip rolls for 5-8.

START OVER

(1) How to do basic Applejacks: https://www.youtube.com/watch?v=LskS5V_KkwA. To travel L or R, simply continue alternating heel ball weight changes and keep moving heels and toes in one direction. To reverse direction, move heels and toes in opposite direction.

(2) How to do The Floss (The Backpack Kid Dance): https://www.youtube.com/watch?v=u-lkhlyL_cs.

