

PPAP Remix

COPPER KNOB
BY STEPHEN

拍數: 100 牆數: 2 級數: Phrased Intermediate
編舞者: Tan Candy (SG) - November 2019
音樂: PPAP - Cai Xu Kun (蔡徐坤), Zhu Zheng Ting (朱正廷), Zhou Yan Chen (周彥辰),
Zhou Rui (周銳) & Wang Zi Yi (王子異)



Sequence: A BB C-BB BB C-A BB C*

Start after 22 counts (after "PPAP")

A (32 counts)

Sec A1: Out Out. Heel Swivel x4. In In. (12:00)

12 Step R to R side. Step L to L side.
3&4&5&6& Swivel R heel LR & take weight. Swivel L heel RL & take weight. Repeat counts 3&4&.
7 8 Step R in. Step L beside R.

Sec A2: Step Pivot ½ Turn Fwd. Heel Bounce x3 Making ½ Turn. Tog Hold With Shimmy. (12:00)

123 Step R fwd. Pivot ½ turn L (6) taking weight on L. Step R fwd.
&4&5&6 Lift & lower heels 3 times making ½ turn L (12) & ending with weight on L. [Move shoulders up-down on each heel bounce.]
7 8 Step R beside L. Hold. [Shimmy shoulders twice.]

Sec A3: Side. Heel Twist. Heel Swivel x4. Knee Pop x2. (12:00)

1&2 Step L to L side. Twist both heels R & back.
345678 Swivel toes-heels-toes-heels towards each other closing up & ending with weight on L. Pop knees RL.

Sec A4: Side Hitch With Hand Wave. Cross Rock Side. Fwd Mambo. Back x2. (12:00)

12 Step L to L side. Hitch R. [L hand wave down. R hand wave up.]
3&4 Cross rock R over L. Recover weight on L. Step R to R side.
5&678 Rock L fwd. Recover weight on R. Step L back. Walk back RL.

B (32 counts)

Sec B1: Side Hold. Behind Rock. ¼ Turn. Hold. ½ Turn. ¼ Turn. (12:00)

1234 Step R to R side. Hold. Rock L behind R. Recover weight on R.
5678 Turn ¼ R (3) & step L back. Hold. Turn ½ R (9) & step R fwd. Turn ¼ R (12) & step L to L side.

Sec B2: Back Rock With Hold. Full Turn. Hold. Side Tog. (12:00)

1234 Rock R back. Hold. Recover weight on L. Turn ½ L (6) & step R back.
5678 Turn ½ L (12) & step L fwd. Hold. Step R to R side. Step L beside R.

Sec B3: Fwd. Sweep. Cross Side Behind. Sweep. Behind. ¼ Turn. (9:00)

1234 Step R fwd. Sweep L from back to front. Cross L over R. Step R to R side.
5678 Step L behind R. Sweep R from front to back. Step R behind L. Turn ¼ L (9) & step L fwd.

Sec B4: Skate Touch x4 Making ½ Turn. (6:00)

1234 Skate R fwd. Touch L beside R. Turn 1/8 L (7:30) & skate L fwd. Touch R beside L.
5678 Repeat counts 1-4 (6).

C (36 counts): Adapted from original dance.

Sec C1: Fwd Tog With Hand Mvt. Hold. Hand Mvt. (12:00)

12 Step R fwd. Step L beside R. [R fist to R side. L palm facing up to L side.]
34 Hold. Bring R fist above L palm in front of body.

Sec C2: Back With Heel Swivels & Hand Mvt. Step Touch With Heel Swivels & Hand Mvt. (12:00)

12345 Step L back & swivel R heel LRLRL. [Grind R fist anticlockwise in 3 circles.]
67&8& Step R in place. Touch L beside R & swivel L heel RLRL. [Move L palm out-in twice.]

Sec C3: Back With Heel Swivels & Hand Mvt. Step Tog With Hand Mvt. Body Mvt. (12:00)

12345 Step L back & swivel R heel LRLRL. [Grind R fist anticlockwise in 3 circles.]
6& Step R in place. Step L beside R. [Both palms facing front to sides. Place palms on chest.]
78 Move upper body LR with palms still on chest.

Sec C4: Side With Heel Swivels. Down Up. Body/Hand Mvt. (12:00)

1234 Step R to R side & swivel toes-heels-toes-heels towards each other closing up & ending upright.
56 Bend knees. Stand upright.
&7&8 Move shoulders up-down twice with R fist to R side & L palm facing front to L side.

Sec C5: Back With Heel Swivels & Hand Mvt. Step Pivot ½ Turn x2. (12:00)

1234 Step L back & swivel R heel LRLR. [Grind R fist anticlockwise in 2 circles.]
5678 Step R fwd. Pivot ½ turn L (6) taking weight on L. Repeat counts 7-8 (12).

C* (5 counts): Counts 1-4 of C + Pose

Contact: <http://www.candy6jan.weebly.com/>
