

Catchy Dance

COPPER **KNOB**
BY SHEETS

拍數: 32 牆數: 4 級數: Ultra Beginner - Kids dance
編舞者: Michelle Wright (USA) - February 2020
音樂: Catchy Song (feat. T-Pain & That Girl Lay Lay) - Dillon Francis : (Album: Lego Movie 2 Soundtrack)



Alternative music:

Dancin' while intoxicated by Colt Ford, Locash, Redneck Social Club

Boys by Lizzo

Strip that down by Liam Payne, Quavo

Section 1: 2 "v" steps

1,2,3,4 step R forward on diagonal, step L forward on diagonal, step R back, step L together
5,6,7,8 step R forward on diagonal, step L forward on diagonal, step R back, step L together

Section 2: R+L side jumps with hip shakes

&1 jump To R side, touch L next to R
2&3&4 Bump L hip up, recover back center Bump L hip up, recover center, bump L hip up
&5 Jump to L side, touch R next to L
6&7&8 Bump R hip up, recover center, Bump R hip up, Recover center, bump R hip up, recover center

(section also know as jump and shake it, shake it,shake it for my kids)

Section 3: 2 forward step touch w/ claps, 2 back step touch w/ claps w/ ¼ turn

1,2, Step R forward,touch L next to R and clap
3,4 Step L forward, touch right next to L and clap
5,6 Step R back, touch L next to R and clap
7,8 Step L to L ¼ turn, touch R next to L and clap

(Can be modified to make easier see note at bottom)

Section 4: conga walk

1,2,3,4 wall forward R,L,R, kick L forward
5,6,7,8 wall back L,R,L, touch R next to L

End of dance

I choreographed this for my kids and family movement classes. It's just for fun.

NOTE: Feel free to make it a 1 wall dance by taking out the ¼ turn in section 3. I can guarantee this song will get stuck inside your head... it's just a Catchy song!

Any questions email me at Michellelinedance@gmail.com