

Underdog (Rise Up)

COPPER **KNOB**
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Jean Weinachter & Nathalie Damar (LUX) - March 2020
音樂: Underdog - Alicia Keys



Introduction - 16 counts – Dance: 48, 32, Tag, 48, 32, Tag, 16, Restart, 32, Tag, 32

SECTION 1: STEP, CROSS - SIDE, CROSS, SIDE - ROCK, RECOVER, SHUFFLE ¼ TURN

1 - 2 Step L fwd, cross R over L
3 & 4 Step L to left, Cross R behind L, Step L to left
5 - 6 Rock R fwd, Recover on L
7 & 8 Turn ¼ R and step R to side, step L together, Step R to side (3:00)

SECTION 2: SKATE, SKATE, ½ TURNING LOCK STEP - SKATE, SKATE, ½ TURNING LOCKSTEP

1 - 2 Skate L, Skate R
3 & 4 Turn ¼ L and step L fwd, Lock R behind left, Turn ¼ L and step L fwd (9:00)
5 - 6 Skate R, Skate L
7 & 8 Turn ¼ R and step R fwd, Lock L behind R, Turn ¼ R and step R fwd (3:00)

Restart here on wall 5 (3h)

SECTION 3: TURNING 1/4 DIAMOND - STEP LOCK STEP – STEP, TURN, CROSS

1 & 2 Cross L over right, turn 1/8 L and step back R, step back L (1:30)
3 & 4 Step R back, turn 1/8 L and step L to side, Turn 1/8 L and step R diag. fwd (10:30)
5 & 6 Step L forward, Lock R behind, Step L fwd
7 & 8 Step fwd L, Recover on L foot by turning 1/8 L (facing 9 o'clock), Cross R over L (9.00)

SECTION 4: ¼ TURN, ¼ TURN, CROSS SHUFFLE - SIDE ROCK RECOVER, BEHIND SIDE CROSS

1 - 2 Turn ¼ R and step L back, Turn ¼ R and step R to side (3.00)
3 & 4 Cross L over right, Step R to right, Cross L over right
5 - 6 Rock R to side, recover on L
7 & 8 Cross R behind left, Step L to left, Cross R over left

SECTION 5: STEP TURN ½, SIDE SHUFFLE - STEP TURN ½, SIDE SHUFFLE

1 - 2 Step L fwd, Turn ½ R (keeping weight on L foot) (9.00)
3 & 4 Step R to side, step L together, Step R to side
5 - 6 Step L fwd, Turn ½ R (keeping weight on L foot) (3:00)
7 & 8 Step R to side, step L together, Step R to side

SECTION 6: ROCK RECOVER & ROCK RECOVER - BACK BACK COASTER STEP

1 - 2& Rock L fwd, recover on R, step L in place next to R (&)
3 - 4 Rock R fwd, recover on L
5 - 6 Step back R, Step back L
7 & 8 Step back R, Step L beside R, Step fwd R (3:00)

RESTART on wall 5 after 16 counts (3.00)

TAG after 32 counts on walls 2 (6.00), 4 (12.00) and 6 (6:00)

TAG: WALK/STOMP, CLAP 4X – WALK AROUND FULL TURN

1 - 8 Walk L Fwd, clap hands, Walk R fwd, clap Hands, Walk L Fwd, clap hands, Walk R fwd, clap Hands
9 - 16 Walk 8 steps by doing a full circle counterclockwise starting L foot

ENDING: Replace the BEHIND SIDE CROSS of section 4 by a SAILOR $\frac{1}{4}$ R to finish the dance at 12h
