

Pick up your Phone

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Niels Poulsen (DK) - August 2020
音樂: 634-5789 - The Elgins : (Album: The Motown Anthology - iTunes etc - 2:24)



Intro: 16 counts from beginning of track. App. 8 secs. into track. Start with weight on L foot
Restart On wall 6 (starts facing 3:00), after 16 counts, now facing 12:00.

[1 – 8] R kick ball step, R rock fwd, shuffle ½ R X 2

1&2 Kick R fwd (1), step R down (&), step L fwd (2) 12:00
3 – 4 Rock R fwd (3), recover back on L (4) 12:00
5&6 Turn ¼ R stepping R to R side (5), step L next to R (&), turn ¼ R stepping R fwd (6) 6:00
7&8 Turn ¼ R stepping L to L side (7), step R next to L (&), turn ¼ R stepping L backwards (8)
12:00

[9 – 16] R back rock, step ¼ L, R jazz box, step together

1 – 2 Rock back on R (1), recover fwd onto L (2) 12:00
3 – 4 Step R fwd (3), turn ¼ L onto L (4) 9:00
5 – 8 Cross R over L (5), step back on L (6), step R to R side (7), step L next to R (8) ... * restart
here on wall 6, facing 12:00 9:00

[17 – 24] Twist heels-toes-heels to R side, clap, twist heels-toes-heels to L side, clap

1 – 4 Twist both heels to R side (1), twist both toes to R side (2), twist both heels to R side (3), clap
(4) 9:00
5 – 8 Twist both heels to L side (5), twist both toes to L side (6), twist both heels to L side (7), clap
(8) 9:00

[25 – 32] Backwards charleston step, cross, bounce ½ L

1 – 2 Step back on R opening body up to 10:30 (1), point L back (2) 10:30
3 – 4 Step fwd on L (3), kick R fwd (4) 10:30
5 Cross R slightly over L squaring up to 9:00 (5) 9:00
&6&7&8 Raise heels up (&), bounce heels down (6), raise heels up (&), bounce heels down (7), raise
heels up (&), bounce heels down (8) – Note: during these counts you gradually turn ½ L
making sure you end with the weight on L on count 8 3:00

Start Again!

Change + Ending

After wall 8 (which ends facing 6:00) The Elgins finish off their song by repeating the chorus twice. Therefore, rather than starting wall 9 from the top (facing 6:00) you finish your dance by doing counts 17-32 twice. However, the second time you repeat counts 17-32 you change the bounce ½ turn to a bounce full turn to finish at 12:00 (you will end with R hooked over L).

Note: To make the transition from count 32 to count 17 easier: finish off the bounces during wall 8 and 9 stepping R to R side on count 32 - 12:00

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