

I Can't Believe It's Not Butter (ICBINB)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mark Paulino (USA) - October 2021
音樂: Butter (feat. Megan Thee Stallion) - BTS



Intro: 8 Counts - 2 Restarts

[1-8] 3/4 TURN KNEE POPS FORWARD, CROSS ROCK RECOVER, 1/4 TURN STEP, 1/4 TURN SIDE ROCK RECOVER CROSS

1,2 R steps forward while pushing L knee forward, 1/4 L as L steps towards 12 o'clock while pushing R knee forward (facing 9 o'clock)
3,4 1/4 L as R steps towards 12 o'clock while pushing L knee forward (facing 6 o'clock), 1/4 L as L steps towards 12 o'clock while pushing R knee forward (facing 3 o'clock)
5&6 R cross rock over L, recover back on L, 1/4 turn R stepping right forward
7&8 1/4 turn R with L side rock, recover back on R, L crosses over R

[9-16] SIDE POINT, TOGETHER, SIDE POINT, SHOULDER SWAYS, R SAILOR STEP, 1/4 L SAILOR STEP

1&2 R side point, step R besides L, L side point
3&4 Isolating both shoulders swaying L, R, L, progressively weight shifting from R to L
5&6 R crosses behind L, L steps besides R, R steps forward
7&8 L crosses behind R, 1/4 L as R steps besides L, L steps forward

[17-24] SCUFF SIDE STEP, L ANKLE ROLL, R ANKLE ROLL 1/4 TURN, 1/2 TURN SHUFFLE HITCH, WALK WALK

1,2 R scuff forward, R side step
&3&4 Roll L ankle having heel wave from inner, to upwards, to outter, then down weight shifting onto L(&3), roll R ankle having heel wave from inner, to upwards, to outter, then down weight shifting onto R with 1/4 turn towards the R(&4)
5&6 Left steps forward, 1/4 turn R with R stepping besides L, 1/4 turn R with L stepping back as R hitch forward
7,8 Walk forward R, L

[25-32] KICK, CROSS, ROCK, STEP, KICK, CROSS, ROCK, STEP, CROSS, UNWIND WITH 3 HEEL BOUNCES

1&2& Kick R forward, cross R over L, rock L back diagonal, step R into neutral
3&4& Kick L forward, cross L over R, rock R back diagonal, step L into neutral
5 Cross R over L
6,7,8 1/2 turn unwind with 3 heel bounces on both feet

****Wall 2 & Wall 5 - after 16 counts - Restart**

First 6 counts can be replaced with hopping stepping forward on 1,2,3,4; rock R, recover back on L with a 1/4 turn R, 1/4 turn R stepping forward with R

Shoulder sways can be replaced with a side body roll from R to L

Heel Waves/Ankle Rolls can be replaced with weight shifting

Last 3 counts with the 1/2 turn unwind with heel bounces can be replaced with a super spin

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