

Dynamite

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Phrased Intermediate
編舞者: Kady SANE (FR) & Cathy DENIS (FR) - March 2022
音樂: Dynamite (feat. Sia) - Sean Paul



Intro : 32 counts - Phrased AAB AAB ABB*

Part A - 32 counts (2 walls)

[1-8] ROCK STEP & ROCK BACK & SHUFFLE (X2)

1&2& Rock RF fw (1), Recover weight on LF (&), Step back RF (2), Recover weight on LF (&) 12h
3&4 Step R fw (3), Step L next to R (&), Step R fw (4)
5&6& Rock LF fw (1), Recover weight on RF (&), Step back LF (2), Recover weight on RF (&)
7&8 Step L fw (7), Step R next to L (&), Step L fw (8)

[9-16] SWAY R L, BEHIND SIDE CROSS, SIDE ROCK L, SAILOR 1/4T L

1-2 R step on R side swaying chest to R (1) L step on L side swaying chest to L (2) 12h
3&4 Cross R behind L (3), L step on L side (&), Cross R over L (4)
5-6 L step on L side (5), Recover weight on RF (6)
7&8 ¼T L Stepping LF behind RF (7), Step RF to R (&), Step LF to L (8) 9h

[17-24] PADDLE TURN ¼ T L (X2), CROSS SHUFFLE R, ½ T CROSS SHUFFLE L, ½ RUMBA BOX R

1-2 L ¼ T & point RF to R (1) (6h), L ¼ T & point RF to R 3h
3&4 Cross R over L (3), Step L to L side (&), Cross R over L (4)
5&6 Turn ½ L & cross L over R (5), Step R to R side (&), Cross L over R (6) 9h
7&8 Step RF to R side (7), Close LF next to RF (&), Step fw on RF (8) 9h

[25-32] ½ RUMBA BOX L, CHASE ½ TURN L, FULL TURN, KICK BALL STEP

1&2 Step LF to L side (1), Close RF next to LF (&), Step fw on LF (2) 9h
3&4 Step fw on Right (3), Make ½ turn L (weight fw on Left) (&), Step fw on R (4) 3h
5&6 Make ½ turn R stepping back on L (5), Make ½ turn R stepping fw on R (&), Step LF fw (6)
7&8 Kick R fw (7), Rock ball of R back (&), Step L slightly fw (8) 3h

Part B - 48 counts (1 wall)

[1-8] CROSS SAMBA (X2), VOLTA TURN

1&2 Cross RF over LF (1), Step LF to L (&), Step RF to R (2) 6h
3&4 Cross LF over RF (3), Step RF to R (&), Step LF to L (4)
5& ¼T R & Cross RF over LF (5), Ball step LF next to RF (&) 9h
6& ¼T R & Cross RF over LF (5), Ball step LF next to RF (&) 12h
7& ¼T R & Cross RF over LF (5), Ball step LF next to RF (&) 3h
8 ¼T R & Step RF fw & put weight on to RF 6h

[9-16] CROSS SAMBA (X2), VOLTA TURN

1&2 Cross LF over RF (1), Step RF to R (&), Step LF to L (2)
3&4 Cross RF over LF (3), Step LF to L (&), Step RF to R (4)
5& ¼T L & Cross LF over RF (5), Ball step RF next to LF (&) 3h
6& ¼T L & Cross LF over RF (5), Ball step RF next to LF (&) 12h
7& ¼T L & Cross LF over RF (5), Ball step RF next to LF (&) 9h
8 ¼T L & Step LF fw & put weight on to LF(8) 6h

[17-24] ANCHOR STEP, ROCK BACK, STEP FW, HIP ROLLS

1&2 RF behind with body weight (1), Put body weight on LF in place (&), Put body weight on RF in place (8)
3-4 Step back LF (3), Recover weight on RF (4)

5-6-7-8 Step L fw (5), R step on R side & Roll your hips anti clockwise & finish with body weight on LF (6,7,8)

[25-32] PRESS RECOVER FW (X2), ROCK BACK (X4) & TOUCH (X3)

1-2 Press fw on ball of R (1), Recover RF on LF (2)
3-4 Press fw on ball of L (3), Recover full weight to R (4)
5&6 Place LF behind RF (5), Touch RF fw (&), Place RF behind LF (6)
&7& Touch LF fw (&), Place LF behind RF (7), Touch RF fw (&)
8& Place RF behind LF (8), Step LF fw with weight on LF (&)

[33-40] PRESS RECOVER (X2), CROSS ROCK, SIDE ROCK, BEHIND SIDE CROSS, SIDE

1-2 Press fw on ball of R (1), Recover RF on LF (2)
3-4 Press fw on ball of L (3), Recover LF on RF (4)
5&6& Cross RF over LF (5), Recover weight on to L (&), Rock R to R (6), Recover weight on to L (&)
7&8& Cross R behind L (7), L step on L side (&), Cross R over L (8), L Step on L side & Recover weight on L (&)

[41-48] ROCK RECOVER (X2), UNWIND TURN COMPLETE

1-2 Press fw on ball of R (1), Recover RF on LF (2)
3-4 Press fw on ball of L (3), Recover LF on RF (4)
5-6-7-8 Cross RF over LF (5), Unwind turn complete on the L (6,7,8)

B * : Repeat the last sixteen counts of sections 5 & 6

Ending

At the end of the dance, add 1/4T L to finish facing 12h

Take as much pleasure as we had to create this choreography

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