

Hard Day

COPPERKNOB
BY STEPHENETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Hotma Tiarma Purba (INA) - May 2022
音樂: Cand Am O Zi Grea - Mario Eduard : (Cover)



Dance begins on vocal

I. HEEL GRIND, SIDE, CROSS SAMBA

1-2 Touch R heel over L, step L in place
3-4 Step R to side, step L in place
5-6 Cross R over L, step L to side
7-8 Step R in place, hold

II. HEEL GRIND, SIDE, CROSS SAMBA

1-2 Touch L heel over R, step R in place
3-4 Step L to side, step R in place
5-6 Cross L over R, step R to side
7-8 Step L in place, hold

III. FORWARD, ½ R FORWARD, ½ PIVOT

1-2 Step R forward, recover on L
3-4 ½ Turn right step R forward, hold (6.00)
5-6 Step L forward, ½ turn right step R in place (12.00)
7-8 Step L forward, hold

IV. SCISSOR, TOUCH, HIP BUMPS

1-2 Step R to side, close L together
3-4 Cross R over L, hold
5-6 Touch L to side and bump hip to left, bump hip to right
7-8 Bump hip to left, bump hip to right

Restart here on 2nd wall facing 6.00

V. BEHIND, SIDE, CROSS, ½ R SHUFFLE

1-2 Cross L behind R, step R to side
3-4 Cross L over R, hold
5-6 ¼ Turn right step R forward, step L together
7-8 ¼ Turn right step R forward, hold (6.00)

VI. VAUDEVILLE L-R

1-2 Cross L over R, step R to side
3-4 Touch L heel to diagonal left, step down L
5-6 Cross R over L, step L to side
7-8 Touch R heel to diagonal right

VII. ½ L SHUFFLE, JAZZBOX

1-2 ¼ Turn left step L forward, step R together
3-4 ¼ Turn left step L forward, sweep R
5-6 Cross R over L, step L back
7-8 Step R to side, touch L beside R

VIII. STEP WITH HIP BUMPS TWICE, ½ L WITH HIP BUMPS

1-2 Step L on ball and hip bump to left, step R together
3-4 Step L on ball and hip bump to left, step R together

5-6 ¼ Turn left step L on ball and hip bump to left, step R together
7-8 ¼ Turn left step L to side, hold

Enjoy this dance!!

Contact: hottiepurba@yahoo.com
