

Brought Up

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Tom Inge Soenju (NOR) - July 2022
音樂: Raised Up - Rvshvd



Note: The dance will work with different types of music with a “straight” beat.

A couple of alternative music below with different tempo...

Pop (Slower, 128 BPM): “It’s Gonna be OK” by Second Life (32C intro)

Rock n’ Roll (Faster, 166 BPM): “Runaround Sue” by Human Nature (~32C slow, start at tempo change)

Intro: 16 counts.

Sequence: Repeating sequence.

Tag/Restart: No tags or restarts.

End: Dance as normal until music ends, then pose/finish.

SECTION 1: SYNC CHASSE WITH A HEEL TOUCH x2 (R/L)

- 1-2 Step RF to R side, Step LF next to RF
- 3-4 Step RF to R side, Touch L heel to L diagonal
- 5-6 Step LF to L side, Step RF next to LF
- 7-8 Step LF to L side, Touch R heel to R diagonal

(OPT: Count 4 and 8 may be changed to L/R hitches, or L/R toe touch next to RF/LF, if preferred)

SECTION 2: B ROCK-REC-SIDESTEP-HOLD x2 (R/L)

- 1-2 Rock RF back, Transfer weight onto LF
- 3-4 Step RF to R side, Hold
- 5-6 Rock LF back, Transfer weight onto RF
- 7-8 Step LF to L side, Hold

SECTION 3: R CROSS POINT, SIDE POINT, B TOUCH, KICK, BEHIND-SIDE-1/8 L TURN STEP

- 1-2 Point RF across LF, Point RF to R side
- 3-4 Touch RF behind LF, Kick RF fwd to R diagonal
- 5-6 Step RF behind LF, Step LF next to RF
- 7-8 Turn 1/8 to your L stepping RF fwd, Hold [10:30]

SECTION 4: L TOUCH IN, TOUCH OUT, KICK, BACK, BACK, SIDESTEP, CROSS ROCK, REC

- 1 Touch LF next to RF with L knee and toes pointing inwards (towards 12:00)
- 2 Touch LF next to RF with L knee and toes pointing outwards (towards 09:00)
- 3-4 Kick LF fwd, Step LF back [09:00]
- 5-6 Step RF back, Step LF next to RF (correct yourself towards 09:00 O’clock if not already)
- 7-8 Cross (rock) RF over LF, Transfer weight onto LF

Start again and enjoy! Happy Dancing!

Abbreviations: BPM: Beats per minute, R: Right, L: Left, F: Foot, fwd: Forward, B: Back, SYNC: Syncopated, OPT: Optional, REC: Recover

If anything is unclear or if you would like additional information, please contact me on:

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