

(I Feel Like) Dancing History

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 3 級數: Improver
編舞者: Lora Lynch (USA) - January 2023
音樂: I Feel Like Dancing - Jason Mraz



1st Place Winner - 2023 USLDCC Choreography H.O.T. (Heart Of Texas)

No Tags. No Restarts. *1 Easy Step Change Wall 4 (6:00) "Freeze"

MUSIC INTRO: 4 Beeps & 16cts (Start on Vocals)

SECTION 1 - CHARLESTON STEP: (FWD & BACK, BACK & FWD, FWD & BACK, BACK & FWD) *SWING ARMS

1 2 Tap R Fwd, Step R behind L
3 4 Tap L Back, Step L Fwd
5 6 Tap R Fwd, Step R behind L
7 8 Tap L Back, Step L Fwd

SECTION 2 - SATURDAY NIGHT FEVER: (FINGER POINTS, FIST ROLLS, FLAP ARMS)

1 2 Step R beside L & Point R Index Finger Up To R Diagonal with Hip Bump L, Point R Index Finger Down Diagonal L Across Body with Hip R
3 4 Point R Index Finger Up to R Diagonal with Hip Bump L, Point R Index Finger Down Diagonal L Across Body with Hip R
5 6 Roll Fists at Chest level with Knee Bends
7 8 Lift Elbows Up with Heel Split Out, Lower Elbows Down with Heels Together (chicken wings)

SECTION 3 - POP & LOCK: (FIST UP, OVER, GRAB, SWITCH) ROBOT: (HANDS UP, TURN BODY R, SWITCH ARMS WITH LOOK & LOOK)

1 *Sharp* Move R Fist to R Shoulder (thumb towards body)
2 Move R Fist to L Shoulder lifting R Elbow parallel
3 Grab R Fist with L Hand
4 Move Fists to R shoulder lifting L Elbow parallel
5 Move Both Hands (open, fingers together) by Shoulders & Elbows by waist
6 Turn Upper Body R (facing 3:00)
7 Head Pop to L (12:00) Bend L Arm up / R Arm down / Bend at Waist
8 Head Pop to R (3:00) Switch Arms L down - R up / Stand Up Straight

SECTION 4 - TEMPTATIONS: (STEP, TAP BEHIND, STEP, TAP BEHIND) CHORUS LINE KICKS: (STEP, KICK, STEP, KICK & R JAZZ HAND WAVE, L HAND ON HIP)

1 2 Step R to R Side, Tap L behind R with knee bends
3 4 Step L to L Side, Tap R behind L with knee bends
5678 *L Hand on Hip while R Open Jazz Hand Waves* Step R to diagonal (1:30), Kick L Fwd, Step L Fwd, Kick R Fwd

SECTION 5 - THE TWIST: (STEP OUT, SWIVEL HIPS & LEGS) METAL HEADS: (BOUNCING, HAND GESTURES BY FACE, SHAKE HEAD, TONGUE OUT)

1234 Step R down (2nd position) & Swivel Hips & Legs (Wt shift to R & L)
5678 Feet Together & Bounce, Hands by Face (Index & Pinky Fingers Out), Shaking Head Side to Side with Tongue Out

SECTION 6 - BALLROOM 1/2 TURNS: ROCK BACK, RECOVER, TRIPLE STEP-RLR - 1/2 TURN (6:00), ROCK BACK, RECOVER, TRIPLE STEP-LRL 1/2 TURN (12:00)

1 2 Rock R back, Recover L

3&4 Triple Step RLR 1/2 Turn L (6:00)
5 6 Rock L back, Recover R
7&8 Triple Step LRL 1/2 Turn R (12:00)

****SECTION 7 - CHA CHA CHA: (TRIPLE STEP- RLR & R ARM UP, TRIPLE STEP- LRL & L ARM UP) SOUL TRAIN: (SKATE, SKATE, HIP BUMP R)**

1&2 Triple Step RLR Fwd (straight line) with R Arm 90°Angle & L Hand at R Elbow
3&4 Triple Step LRL Fwd (straight line) with L Arm 90°Angle & R Hand at L Elbow
5&6 Slide Step R diagonal, Slide Step L diagonal (arm flow side to side)
7 8. Hip Bump to R, Step L to L side

SECTION 8 - COUNTRY WESTERN: (BACK BOOT SLAP, KNEE SLAP, LASSO *1/2 TURN L)**

1 2 Flick R behind L & Slap R with L Hand, Step R in place
3 4 Hitch L and Slap L Thigh with R Hand, Step L in place
5-8 ***1/2 Turn L - Lasso R Arm Overhead Shuffle RLR & Shuffle LRL (6:00)

CHANGES TO SECTION 8 - *Wall 4 (6:00) with lyrics ".Now Everybody FREEZE" Stop Moving (4cts) in Lasso at 1/4 Turn (3:00) then start Wall 5 (3:00)**

ENDING: Wall 6 (12:00) *NO TURN**

FUN PARTNER ENDING:

Last Wall 6 (12:00)

Section 7

1-4 ChaChaCha to a partner
5, 7 2 Hip Bumps with partner

Section 8

Lasso Shuffle Fwd then Pose with Partner.

This Dance pays Special Tribute to The Flower Mound Senior Center Line Dancers.

Thank You All for the continued love, support, prayers, & encouragement through my recovery as I return to the performing arts.

"It's NEVER Too Late." LineDanceWithDoubleL@Gmail.com UPDATED: July 1, 2023

Last Update: 14 Jul 2023
