

I Got The Music

COPPER **NOB**
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Heather Jayne Endall (AUS) - August 2023
音樂: I've Got the Music In Me - Thelma Houston



Intro: Start on vocals (16 counts)

Section 1: Step R to R side, Clap High, Cross L over R, Clap Low, 1/8 Hip Rolls counter clockwise over L x 2 [9:00]

1,2 R step to R side, clap hands high (2)
3,4 L cross over R, clap hands low (4)
5,6 Step R to R side turning 1/8 with hip rolls counter clockwise over L shoulder
7,8 Step R to R side turning 1/8 with hip rolls counter clockwise with over L shoulder [9:00]

**** Restart wall 4 after 8 counts and TAG**

**** Easy TAG = 4 counts: Tap R toe (1), replace (2), 1/4 turn to front Tap L toe (3), replace (4) RESTART**

Section 2: R Toe Strut, L Toe Strut, Step R fwd, Pivot 1/2, R Kick Ball Change [3:00]

1,2 R toe fwd, step on R
3,4 L toe fwd, step on L
5,6 Step R fwd, Pivot 1/2 transfer weight on L [3:00]
7,8 R kick fwd, step R next to L, step L in place

Section 3: R Shuffle fwd on diagonal, L Shuffle fwd on diagonal (rolling arms at chest height with shuffles), R Rock fwd, Recover with 1/4 turn over R shoulder, Chasse [6:00]

1&2 R fwd on diagonal, [1:30] L next to R (&), R fwd on diagonal (roll arms in front of chest)
3&4 L fwd on diagonal, [10:30] R next to L (&), L fwd squaring (roll arms in front of chest)
5,6 R rock fwd, Recover with 1/4 turn over R shoulder [6:00]
7&8 Step R to R side, L next to R(&), Step R to R side (keeping weight on R)

Section 4: L side, Hold, R next to L, L step side, Touch R next to L, V step

1, 2 Step L to L side, Hold 2
&3,4 R next to L (&), step L to side, Tap R next to L
5,6,7,8 Step R on diagonal, Step L on diagonal, Step R back to centre, Step L beside R

On the last wall – wall 10: Dance the first 8 counts. Then have fun with your ending! The music slows with key beats. My demo video shows an example ending by the Lake Monger Dance Ladies: Step R fwd, 1/4 turn stepping L to L side [6:00] Hold, Hands behind head and hip roll counter clockwise, step R to R side, L next to R, R to side, cross R over L unwind to front and jazz hands up / down. However.... Do whatever you feel in the music, be funky and enjoy!

For questions / comments - please feel free to get in touch.

Heather Endall

Email: hjendall@challen.com.au

Tel: 0417 955 752