

Thicc Girls Wear Bell Bottoms

COPPERKNOB
BY STEPHENETS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Kaisa Wagner (USA) & Casey Sharples (USA) - March 2024
音樂: Thicc As Thieves - Lauren Alaina & Lainey Wilson



Sequence: A-a-A-B-A-C-A-B-C-C-C-A-B-A

#16 second instrumental intro, Start dance with first word.

Phrase A: 32 counts

Section 1: Wizard R, Wizard L rock recover, ¼, ½

- 1-2& Step right foot forward to diagonal, lock left foot behind, step right foot forward on diagonal
- 3-4& Step left foot forward to diagonal, lock right foot behind, step left foot forward on diagonal
- 5-6 Cross right foot over left, recover onto left
- 7-8 Turn ¼ turn over right shoulder (face 3:00), turn ½ over right (face 9:00). Weight on left.

Section 2: Weave, ¼ rock recover, kick, ball, stomp

- 1-4 Weave by stepping right foot behind, left foot to left, right crossing in front of left, left foot to left
- 5-6 ¼ turn back on right, stepping back onto right, recover forward onto left foot
- 7&8 Kick right foot forward, ball step on right, stomp left foot forward

Restart here after 16 counts on the second wall

Section 3: shuffle forward, ½ pivot right, shuffle forward, ½ pivot left

- 1&2 Step right foot forward, left foot together, right foot forward
- 3-4 Step left foot forward pivot ½ over right shoulder facing 6:00
- 5&6 Step left foot forward, right foot together, left foot forward
- 7-8 Step right foot forward, pivot ½ over left shoulder facing 12:00

Section 4: Cross points, jazz with ½ turn

- 1-2 Cross right foot over left, point left foot to left
- 3-4 Cross left foot over right, point right foot to right
- 5-6 Cross right foot over left, step left foot back ¼ turn over right shoulder
- 7-8 Turn another ¼ over right (facing 6:00), step forward with left

Phrase B: 16 counts

Section 1: hip rolls/sways

- 1-2 Roll hips counterclockwise or sway, landing on right foot, while raising right arm up
- 3-4 Roll hips clockwise or sway, landing on left foot, while raising left arm up
- 5-6 Keep arms in the air, roll hips counterclockwise or sway, landing on right foot
- 7-8 Keep arms in the air, roll hips clockwise or sway, landing on left foot

Section 2: ¼ turning hip rolls to left

- 1-2 ¼ turning counterclockwise hip roll, doing counterclockwise arms (9:00)
- 3-4 ¼ turning counterclockwise hip roll, doing counterclockwise arms (6:00)
- 5-6 ¼ turning counterclockwise hip roll, doing counterclockwise arms (3:00)
- 7-8 ¼ turning counterclockwise hip roll, doing counterclockwise arms (12:00)

Phrase C: 16 counts

Section 1: Kick and point, kick and point, shimmy, touch

- 1&2 Kick right foot forward, step right foot next to left, point left foot to left
- 3&4 Kick left foot forward, step left foot next to right, point right foot to right
- 5-7 Shimmy to right making a big step to right, slowly dragging left toe in
- 8 Touch left foot next to right

Section 2: Knee pops

- 1-2 Step back on left, popping right knee, as you slap both hands to glutes (“Bell-bottom”)
- 3-4 Step back on right, popping left knee, as you place hands on sides at waist (“High-rise”)
- 5 Step back on left, popping right knee, hold arms out with palms up, closing fingers to palms (“Gimme”)
- 6 Step back on right, popping left knee, close fingers to palms (“Gimme”)
- 7 Step back on left, popping right knee, close fingers to palms (“Gimme”)
- 8 Hold (keep weight on left)

Optional styling:

On wall 5 (phrase A) section 2 counts 7-8 (kick, ball, stomp) lean back to “Chug your Pabst Blue Ribbon”. Also on wall 5 (phrase A), section 4 counts 5-8 (jazz ½) right cross left foot as normal, turn ½ turn instead over left shoulder as you do a big kick out “Tae bo fitness”. Finish with left coaster step (back left, together right, forward left). Continue with phrase C with right kick forward.

Please feel free to reach out to BootsandBlueJeans916@gmail.com if you have any questions.

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