

Old School DC

COPPERKNOB
BY SHEETS

拍數: 86

牆數: 1

級數: Phrased Intermediate / Advanced -
Traditional



編舞者: Laura Turcaud (FR) - March 2024

音樂: Old School - Donovan Chapman

SEQ: A – A – B – A - A(11c) - break(14c) – C - C+tag(4c) - C+tag(4c) - C
Intro : 4 x 7 « A time OUT was.... »

L = left, R = right, LF = left foot, RF = right foot

PART A (14c)

(1-7) Side Step R, Cross Rock Back L, Side Step L, Behind-Side-Cross R, Cross L over R (with Sweep), Step Back R, Switch L

- 1-2&3 RF to R, « Cross Rock Back » syncopated : cross LF behind RF – recover on RF, LF to L
4&5 « Behind-Side-Cross » : cross RF behind LF – LF to L – cross RF over LF
6-7& « Sweep » with LF forward and cross LF over RF, RF back, LF next to RF

(8-14) Cross Rock Step Fwd R, Switch R, Cross Rock Fwd L, Switch L, Step Fwd R, Side Point L, Step Back L, Side Point R, Step Back R, Switch L

- 1-2& « Cross Rock Fwd » : cross RF over LF (direct the body diagonally L) – recover on LF, RF next to LF
3-4& « Cross Rock Fwd » : cross LF over RF (direct the body diagonally R) – recover on RF, LF next to RF
5&6& RF forward, point LF to L, LF back, point RF to R
7& RF back, LF next to RF

PART B (16c)

(1-8) Step Fwd R, Step turn ½ L, Step Fwd R, Triple Full Turn R, Side Step L with Sway x3 L-R-L

- 1 RF forward
2&3 « Step Turn ½ » : LF forward – ½ turn R (onto RF), LF forward 6H
4&5 « Triple Full Turn » : ½ turn L and RF back – ½ turn L and LF forward – RF forward 12-6H
6-7-8 LF to L and « Sway x3 » : swing the hips L-R-L

(1-8) Step Fwd R, Step turn ½ L, Step Fwd R, Triple Full Turn R, Side Step L with Sway x3 L-R-L

- 1 RF forward
2&3 « Step Turn ½ » : LF forward – ½ turn R (onto RF), LF forward 12H
4&5 « Triple Full Turn » : ½ turn L and RF back – ½ turn L and LF forward – RF forward 6-12H
6-7-8 LF to L and « Sway x3 » : swing the hips L-R-L

BREAK = 6th wall

After 11c of Part A (Dance to the two « Cross Rock » forward (1-2&3-4&))

Wait 14c before starting Part C (possibility of doing « Side, Touch » during this time)

PART C (56c)

(1-8) Step Fwd R, Touch Back L, Step Back L, Kick R, Step-Lock-Step R Hook Fwd L

- 1-2 RF forward, touch LF behind RF
3-4 LF back, « Kick » RF forward
5-6-7 « Step-Lock-Step » : RF back – cross LF over RF – RF back
8 « Hook Fwd » lift LF in front of R leg (at the height of the shin)

(9-16) Step Fwd L, Touch Back R, Step Back R, Hook Fwd L, Step Fwd L, Scuff R, ¼ turn L with Side Step R, Cross L behind R

- 1-2 LF forward, touch RF behind LF
3-4 RF back, « Hook Fwd » lift LF in front of R leg (at the height of the shin)

5-6 LF forward, « Scuff » with RF next to LF
7-8 ¼ turn L and RF to R, cross LF behind RF 9H

(17-24) ¼ turn R with Step Fwd R, Hold, Step turn ¼ L, Cross Fwd R, Hold, ¼ turn L with Step Back R, ½ turn L with Step Fwd L

1-2 ¼ turn R and RF forward, hold 12H
3-4 « Step turn ¼ » : LF forward – ¼ turn R (onto RF) 3H
5-6 Cross LF over RF, hold
7-8 ¼ turn L and RF back, ½ turn L and LF forward 12-6H

(25-32) Rocking Chair R, ½ turn L with Toe Strut Back R, Rock Step Back L

1-4 « Rocking Chair » : RF forward – recover on LF – RF back – recover on LF
5-6 ½ turn L and « Toe Strut » : touch toe RF back – drop heel RF 12H
7-8 « Rock Step Back » : LF back – recover on RF

(33-40) ½ turn R with Toe Strut Back L, ½ turn R with Toe Strut Fwd R, Vine L, Stomp down Fwd R

1-2 ½ turn R and « Toe Strut Back » : touch toe LF back – drop heel LF 6H
3-4 ½ turn R and « Toe strut Fwd » : touch toe RF forward – drop heel RF 12H
5-6-7 « Vine » : LF to L – cross RF behind LF – LF to L
8 « Stomp down » with RF forward

(41-42) Swivel

1-2 Turn the heels to the R, refocus the heels

(43-50) Rumba box R

1-4 RF to R, LF next to RF, RF back, hold
5-8 LF to L, RF next to LF, LF forward, hold

(51-56) Stomps R-L, (Heel, Together) R & L

1-2 « Stomp » RF next to LF, « Stomp » LF next to RF
3-4 Heel RF forward, RF next to LF
5-6 Heel LF forward, LF next to RF

TAG = after the 8th and the 9th wall

Ajouter :

(1-4) (Heel, Together) R & L

1-4 Heel RF forward, RF next to LF, heel LF forward, LF next to RF

END : Dothe first 2 counts of Part C, and salute with the hat on the 3rd count
