

Young Man

COPPER KNOB
BY STEPHEN METZ

拍數: 64 牆數: 1 級數: Beginner
編舞者: Susan Reynolds (USA) - March 2024
音樂: Y.M.C.A. - Village People



This dance looks complicated on paper, but it has really easy steps and is fun to do as it includes the YMCA hand movements.

Don't be scared off by the 64 counts.

Phrased Dance Pattern: AA TAG BB AA TAG BB AA TAG BB B. The music is very distinctive for each section.

Intro 24 counts. One TAG

SECTION A

LINDY R, DIAGONAL ROCKING CHAIR

1&2 Step R to R, Step L together, Step R to side
3-4 Step L back slightly diagonal, Recover on R
5-8 Rock L forward, Recover on R, Rock L backward, Recover on R

LINDY L, DIAGONAL ROCKING CHAIR

1&2 Step L to L, Step R together, Step L to side
3-4 Step R back slightly diagonal, Recover on L
5-8 Rock R forward, Recover on L, Rock R backward, Recover on L

CROSS AND POINT MOVING FORWARD AND MOVING BACK

1-2 Cross R over L, Point L to L
3-4 Cross L over R, Point R to R
5-6 Cross R behind L, Point L to L
3-4 Cross L behind R, Point R to R

ROCK BACK SHUFFLE, ROCK FORWARD, COASTER

1-2 Rock R back, Recover on L
3&4 Shuffle forward RLR
5-6 Rock L forward, Recover on R
3&4 Step L back, Step R back beside L, Step L Forward

TAG: 8 counts - 2 V-Steps

1-2 Step R out diagonally to R side, Step L out diagonally to L side
3-4 Step R back in to place, Step L back in to place
5-8 Repeat

SECTION B

HAND MOVEMENTS AND CLAPS (Can bounce or step in place during this part if desired)

1-2 Form a "Y" with both arms diagonally overhead,
3 Form an "M" with both hands on shoulders
4 Form a "C" with your L hand curved overhead and R arm curved out waist high
5 Form an "A" bringing right arm overhead to meet left arm to form an inverted V
6-8 Bring both arms straight down and slap hands on sides 3 times

Option: Instead of Y-M-C-A hand movements, just form a "Y" with both arms diagonally overhead and hold for 5 counts. Then, bring both arms straight down and slap hands on sides 3 times

ROCK, RECOVER, COASTER, RIGHT AND LEFT

- 1-4 Rock R forward, Recover on L, Step R backward, Step L back beside R, Step R forward.
5-8 Rock L forward, Recover on R, Step L backward, Step R back beside L, Step L forward

1/2 TURN AND HIP BUMPS

- 1-2 Step R forward and turn 1/4 to L, Weight returns to L
3-4 Step R forward and turn 1/4 to L, Weight returns to L
5-8 Step R as bump hips R two times, Step L as bump hips L two times

Check out other "Sunny and Sue" videos on YouTube at susanreynolds@susanreynoldslinedances
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