

Magic Jam

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 2 級數: Improver
編舞者: Beth Webb (USA)
音樂: Any Pop or Hip Hop song around 100-110 BPM



STEP OUT-OUT, HEAD RIGHT-LEFT, CROSS BEHIND TOUCHES (WITH ATTITUDE)

- 1-2 Step right foot out to right, step left foot out to left
- 3-4 Lift both heels and pop both knees forward twice
- 5-6 Touch left foot crossing behind right leg while bending right knee slightly, step center with left foot
- 7-8 Touch right foot crossing behind left leg while bending right knee slightly, step center with right foot

Hands:

- 1-2 Bring right arm out to right side diagonally pointing downward with palms facing front, bring left arm out to left side diagonally pointing downward with palms facing front
- 3-4 Nothing
- 5-6 Swing left arm across in front of body and swing right arm across behind body, return hands to neutral
- 7-8 Swing right arm across in front of body and swing left arm across behind body, return hands to neutral

ATTITUDE WALK FORWARD, LEFT FOOT TOUCHES FORWARD AND BACK

- 1-4 Walk forward left, right, left, right (for styling step forward with each step in fifth position)
- 5-6 Touch left toe forward, touch left toe back
- 7-8 Touch left toe forward, step left foot next to right foot

Hands:

- 5-6 Bring right arm bent at elbow up to chest level with left arm going straight back, bring left arm bent at elbow up to chest level with right arm going straight back
- 7-8 Bring right arm bent at elbow up to chest level with left arm going straight back, return arms to sides

STEP OUT-OUT, PUNCHES, SHOULDERS (LEFT-RIGHT), STEP ½ TURN

- 1-2 Step right foot out to right, step left foot out to left
- 3-4 Punch right arm across body at chest level toward left corner, punch left arm across right
- 5-6 Tip head so right ear goes toward right shoulder, repeat to the left
- 7-8 Step forward with right foot and make ½ turn to left

Hands:

- 1-2 With elbows next to body turn right hand out to right with palms facing forward, turn left hand out to left with palms facing forward

FUNKY TOUCH STEPS FORWARD AND BACK

- 1-2 Touch right toe forward with a slight heel bounce, step down on right foot
- 3-4 Touch left toe forward with a slight heel bounce, step down on left foot
- 5-6 Step diagonally back on right facing ¼ to right, touch left foot next to right squaring up to original wall
- 7-8 Step diagonally back on left facing ¼ to left, touch right foot next to left squaring up to original wall

Hands:

- 1-4 Pump arms upward in front of body with elbows bent and palms facing toward ceiling (raise the roof), repeat three more times
- 5-6 Bend arms slightly at elbows and come out to sides pumping down to waist level with palms facing floor, bend arms slightly at elbows and come in to middle pumping down to waist level with palms facing floor

7-8

Repeat hands for 5-6

REPEAT
