

Make Me Sick (P)

COPPERKNOB
BY STEPHEN HETS

拍數: 32

牆數: 4

級數: Intermediate/Advanced hip hop
partner/contra dance



編舞者: Kash Bane (UK)

音樂: You Make Me Sick - P!nk

Start the dance with partners facing each other but give each other enough space so you can hop forward without hitting each other, the dance should be like a battle

MAN:

HOP, TAP, TAP, CROSS, UNWIND, ROCK AND HITCH, ROCK AND STEP

1&2 Hop forward onto left foot, tap right toe back behind left, tap right toe further back

3-4 Cross right over left, fully unwind

5&6 Rock right out to right side, recover onto left foot and hitch right

7&8 Rock right foot back, recover onto left and step right foot forward

1-2 Push right shoulder forward forcing lady to pull left shoulder back, pull right shoulder back

3-4 Push right shoulder forward twice forcing lady to pull left shoulder back twice

5-6 Pull right shoulder back, push right shoulder forward again

7-8 Pull right shoulder back twice

1&2 Take a large step right, slide left towards right, make a ¼ turn right stepping left to left side

3&4 Make a 1 ½ turn back over right shoulder stepping right, left, right

5-6 Raise right hand to right side of face and push right elbow across face with right shoulder following, pull right elbow back

7-8 Push right shoulder across face twice

1-2 Pull right elbow back, push right elbow across face once more

3-4 Take a large step to the right while throwing arms into the air, slide left next to right and slap hands onto hips

5&6 Take a step to the left on left foot, step right behind left, step left to left side while hitching right knee

7-8 Cross right behind left, fully unwind

REPEAT

LADY:

1-6 Repeat the same steps as the man

7-8 Squat down into seated position, rise back up stepping right forward

1-8 Mirror the man's moves so when he pushes right shoulder forward you pull left shoulder back, when it says for the man to pull right shoulder back, you push left shoulder forward forcing his shoulder back

1&2 Take a large step to the right, slide left towards, make a ¼ turn left stepping left to left side (note: make sure you turn left so you follow the direction of man)

3-4 Make a full turn left stepping right, then left

5-8 Follow same steps as man

1-8 Same as man

When you do counts 5&6 make sure you line up with partner so you can repeat the dance

REPEAT
