

Mda (Making Dance "A"llisions)

COPPER KNOB
BY STEPHENETS

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Jamie Marshall (USA)
音樂: That's the Way I Like It - KC and the Sunshine Band



This dance was choreographed during a MDA fundraising event in Kansas City, raising \$12,000. The event was held by Karen Hedges. Check out Karen's website at www.dancinupastorm.com for information on next year's event

RIGHT ROCK FORWARD, RIGHT ROCK BACK, RIGHT HEEL FORWARD, STEP TOGETHER, REPEAT TO LEFT

- 1& Rock right forward across left (throwing arms back), recover onto left
- 2& Rock right back (bringing arms forward together), recover onto left
- 3& Press right heel forward across left (pulling elbows back), recover onto left
- 4 Step right next to left (bringing arms forward together)
- 5& Rock left forward across right (throwing arms back), recover onto right
- 6& Rock left back (bringing arms forward together), recover onto right
- 7& Press left heel forward across right (pulling elbows back), recover onto right
- 8 Step left next to right (arms relaxed)

KICK, STEP OUT, CROUCH POSITION, CIRCULAR MOTION

- 1&2 Kick right forward, touch right next to left, step right to right side
- 3 Drop into crouched position with feet shoulder width apart, hands turned in on front of thighs
- 4-8 Make a full circle moving your body to the side, up to standing, and then back down to a crouch on the other side

You should get back to the crouch position on count 8. Odd numbered rows circle to the left. Even numbered rows circle to the right.

UP, DOWN, LEFT, RIGHT, STEP TOGETHER

Odd numbered rows

- 1-4 Stand up, crouch down, stand up, hold
- 5 Shift weight to left raising left shoulder
- 6 Shift weight to right raising right shoulder
- 7 Shift weight to left raising left shoulder
- 8 Step together with left foot, weight ending on left

Even numbered rows

- 1-4 Hold, stand up, crouch down, stand up
- 5 Shift weight to right raising right shoulder
- 6 Shift weight to left raising left shoulder
- 7 Shift weight to right raising right shoulder
- 8 Step together with left foot, weight ending on left

KICK, ¼ RIGHT TURN KICK, COASTER, REPEAT

- 1&2 Kick right forward, return center, pivot ¼ right kicking right forward
- 3&4 Step right back, step left next to right, step right forward
- 5&6 Kick left forward, return center, pivot ¼ right kicking left forward
- 7&8 Step left back, step right next to left, step left forward

POINT, POINT, JAZZ, REPEAT

- 1 Point right across left (leaning right with elbows out; right up forward, left back)
- 2 Point right out to right (leaning slightly forward to the left with elbows out; right back, left forward)

- 3&4 (Relax arms) step right across left, step left back, step right next to left
- 5 Point left across right (leaning left with elbows out; left up forward, right back)
- 6 Point left out to left (leaning slightly forward to the right with elbows out; left back, right forward)
- 7&8 (Relax arms) step left across right, step right back, step left next to right

REPEAT
