

# Mda (Making Dance "A"llisions)

**COPPER** KNOB  
STEPSHEETS

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](http://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**

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