

My Addiction

COPPER KNOB
BY STEPHEN

拍數: 40 牆數: 4 級數:
編舞者: Charmaine E. Collings (USA)
音樂: I Want You Back - *NSYNC



TOUCH, HOLD, & TOUCH, HOLD, & TOUCH, KICK, KNEE POPS (LEFT-RIGHT-LEFT)

- 1-2 Point right toe to right side, hold
&3-4 Right foot home, point left toe to left side, hold
&5-6 Left foot home, point right toe to right side, kick right foot forward (toe towards 10:30)
7&8 Right foot home and at same time pop left knee forward (left heel will be raised), pop right knee forward and lower left heel, pop left knee forward as you lower right heel

On knee pops in 1st and 2nd sets of 8, you may add shoulder movements up and down, down on right shoulder when right knee pops out and vice versa for left

REPEAT 1-8 WITH OPPOSITE FEET

- 1-2 Point left toe to left side, hold
&3-4 Left foot home, point right toe to right side, hold
&5-6 Right foot home, point left toe to left side, kick left foot forward (toe towards 1:30)
7&8 Left foot home and at same time pop right knee forward (right heel will be raised), pop left knee forward and lower right heel, pop right knee forward as you lower left heel

½ MONTEREY TURN (WITH VARIATION), FORWARD SHUFFLE (RIGHT-LEFT-RIGHT), ROCK FORWARD AND BACK

- 1-2 Point right toe out to right, pivot ½ turn to the right bringing right foot in next to left foot and stepping down on right (first two counts like start of Monterey turn)
3&4 Step left foot out to left side, shift weight (rock) back to right foot, step left foot home
5&6 Step right foot forward, step left forward (toes of left should be next to instep of right), step right forward
7-8 Step left foot forward, return weight back (rock) onto right foot

SHUFFLE BACKWARD (LEFT-RIGHT-LEFT), STEP BACK, HOLD, ½ PIVOT, HOLD, TRIPLE IN PLACE (LEFT-RIGHT-LEFT)

- 1&2 Step back on left, bring right foot back to left (right heel next to left instep), step back left
3-4 Step back on right, hold
5-6 Pivot ½ to the right on balls of both feet, hold
7&8 Step left foot forward next to right, step right in place, step on left in place (weight is now on left)

¼ MONTEREY (WITH VARIATION), STEP FORWARD, ROCK BACK, KICK, COASTER STEP

- 1-2 Point right toe to right side, as you bring right foot home to close, complete ¼ turn to the right
3&4 Step left foot to left side, shift weight (rock) back onto right, step left foot home
5&6 Step right foot forward, shift weight (rock) back onto left, kick right forward
7&8 Step right foot back, step left foot back next to right, step right foot forward
& (Transition step to begin dance again) bring left foot forward next to right very quickly as this will move you right into start of dance with right toe out for count 1

REPEAT

When you dance this to the NSync music you start count 1 on the word "back" at the end of the intro. Also, on the regular single CD version of the song, after you have danced 6 complete walls of the dance, there is a very distinctive 24 count interlude during which you could do 3 8-count sets of swaying rock steps starting forward, side, and then back at the end of which you will begin the dance again and dance as written until finish. If you hate these kind of breaks then get the EP single version, and just fade the music out after 7 walls.

