

My Name Ain't Baby

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Jamie Weeks (USA)
音樂: Nasty - Janet Jackson



Sequence: AB, AB, AC, AB, AB, AB

PART A

KICK, STEP, TOUCH, KICK, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, CROSS, TURN 1&¼ LEFT

- 1&2 Kick right foot forward, step on right foot, touch left foot out to left side
3&4 Kick left foot forward, step on left foot, touch right foot out to right side
&5&6 Step on right foot, touch left foot out to left side, step on left foot, touch right foot out to right side
7-8 Cross right foot in front of left foot, unwind turning 1 & ¼ left (you will now be facing 9:00)

STEP, DRAG, SHUFFLE STEP, ROCK FORWARD, STEP, ROCK BACK, STEP, PIVOT ¼ LEFT

- 1-2 Step forward on left foot, drag right foot up to left foot (you will end up in 5th position)
3&4 Step forward on left foot, step forward on right foot, step forward on left foot
5&6& Rock forward on right foot, step left foot in place, rock back on right foot, step left foot in place
7-8 Step forward on right foot, pivot ¼ left (weight will be on left foot)

SAILOR SHUFFLE RIGHT, SAILOR SHUFFLE LEFT, STEP, CROSS, STEP, CROSS, STEP, CROSS

- 1&2 Step right foot behind left, step left foot in place, step right foot beside left
3&4 Step left foot behind right, step right foot in place, step left foot beside right

On counts &5&6&7&8 you will be moving left turning a ¼, and your left foot will be in front of your right foot (your feet will be in 5th position)

- &5&6 Step right foot behind left, step on left foot while moving left, step right foot behind left, step on left foot while moving left
&7&8 Step right foot behind left, step on left foot while moving left, step right foot behind left, step on left foot while moving left

KICK, STEP, SLIDE, KICK, STEP, SLIDE, PIVOT ½ LEFT, TOUCH, TURN ¾

- 1&2 Kick right foot forward, step right foot beside left, slide left foot back
3&4 Kick left foot forward, step left foot beside right, slide left foot back
5-6 Step forward on right foot, pivot ½ to left
7 Touch right foot out to right side
8 Turn ¾ left-clap

PART B

STRETCH RIGHT ARM, BRING IT DOWN, STRETCH LEFT ARM, BRING IT DOWN, CROSS, UNWIND TURNING A 1&¼ LEFT, TAP, TAP, KICK

- 1 Take your right arm and stretch it out and up and to the left (it will be crossing in front of your face at a diagonal)
& Bend arm at elbow and bring it down in front of your chest
2 Stretch arm out to right side (your head should be looking down and to the right)
3&4 Repeat above steps 1&2, except use your left arm
5-6 Cross right foot over left, unwind turning 1 ¼ left
7-8 Tap right foot back, tap right foot back, kick left foot forward

STEP, MOONWALK, BOUNCE, BOUNCE

- 1 Step left foot beside right
2 Drop left heel as you slide right foot back

- 3 Drop right heel as you slide left foot back
- 4 Drop left heel as you slide right foot back
- 5-6 Turn 1¼ to left on left foot

Hands: bring hands above head, they will be stretched out, with the turn bring them back down, (you will be unwinding them down like a corkscrew)

- 7& Bounce feet in place (they will be together), bounce feet again
- 8 Bounce feet out ending up shoulder width apart

TURN KNEES IN-OUT, SAILOR SHUFFLE RIGHT, VINE RIGHT, TOUCH TOUCH

- 1-2 Turn both knees in, turn both knees out

Hands: when your knees are turned in, place your hands on your inner thighs, when you turn your knees out, bring your hands out about shoulder width apart

- 3&4 Step right foot behind left, step left foot in place, step right foot in place
- 5&6 Cross left foot behind right, step on right foot to right side, cross left foot in front of right
- 7-8 Touch right foot out to right side, touch right foot beside of left

KICK, HITCH, TURN KNEE OUT, STEP, LEAN SHOULDERS FORWARD-BACK, BODY ROLL

- 1 Kick right leg out to front on a diagonal
- 2 Bring leg in hitching knee to front
- 3 Turn knee out to make a 4
- 4 Step forward on right foot on a diagonal
- 5-6 Lean shoulders forward, lean shoulders back
- 7-8 Body roll moving shoulders forward and then back

PART C

ROCK, STEP, ROCK, STEP, PIVOT ½, ROCK, STEP, ROCK, STEP, PIVOT ½

- 1&2& Rock forward on right foot, step left foot in place, rock back on right foot, step left foot in place
- 3-4 Step forward on right foot, pivot ½ to left
- 5&6& Rock forward on right foot, step left foot in place, rock back on right foot, step left foot in place
- 7-8 Step forward on right foot, pivot ½ to left

STEP-TOGETHER, STEP-TOGETHER, STEP-TOGETHER(CLAP), STEP- TOGETHER, STEP-TOGETHER, STEP-TOGETHER(CLAP)

- 1& Step on right foot out to right side, bring left foot together beside right
 - 2& Step on right foot out to right side, bring left foot together beside right
 - 3-4 Step on right foot out to right side, bring left foot together beside right(clap hands together)
 - 5& Step on left foot out to left side, bring right foot together beside left
 - 6& Step on left foot out to left side, bring right foot together beside left
 - 7-8 Step on left foot out to left side, bring right foot together beside left(clap hands together)
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