

My Soul Education

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michael Barr (USA)
音樂: Soul Education - Jamiroquai



BACK, WALK X 3 (LEFT RIGHT LEFT), KICK - BALL-CHANGE-STEP, STEP, ¼ TURN, CROSS

- & Small step back on ball of right foot (push off ball of right to start the walks)
1-3 Walk forward left, right, left
4&5-6 Kick right foot forward, small step back on ball of right foot, step forward on left foot, step right foot forward
7&8 Step forward on left foot, turn ¼ right taking weight right, step left foot across in front of right

¼ TURN TOUCH, STEP, LOCK STEP - SYNCOPATED LOCK STEPS

- 1-2 Turn ¼ right touching right toe forward, step right foot forward
You can take both counts to fully complete the ¼ turn
3&4 Step left foot forward, step right foot behind left (lock), step left foot forward
5&6& Step right foot forward, step left foot behind left (lock), step right foot forward, step left foot forward
7&8 Step right foot behind left (lock), turn ¼ right stepping left foot in place, step right foot forward

STEP, KICK, BALL-CHANGE-STEP - LOCK STEP FORWARD, STEP ½ PIVOT

- 1-2 Small step forward on left foot, kick right foot side right
&3-4 Step ball of right next to left, step left foot forward, step right foot forward
5&6 Step left foot forward, step right foot behind left (lock), step left foot forward
7-8 Step right foot forward, pivot ½ left taking weight onto left foot

If you like, try a "Shorty George" for counts 1-2&3-4. I keep watching people do this step and hope to one day be able to look good doing it. Without being an expert I see and feel the step like this: After count 2, step onto the right foot for the '&' count and bend the knees slightly, keeping them close together, angled slightly left as you step forward for count 3. Switch the diagonal for your step forward on count 4, keeping the bend in the knees

STEP, LIFT, TRIPLE FORWARD - STEP, LIFT, TRIPLE ½ TURN

- 1-2 Step right foot forward, lift left foot next to right calf (turn slightly right & push your 'bum' back a little)
3&4 Step left foot forward on right diagonal, step on ball of right next to left, turning slightly to the left step left foot forward on left diagonal (3&4 will resemble a twinkle)
Keep the diagonal slight and going forward
5-6 Step right foot forward, lift left foot next right calf (turn slightly right and push your 'bum' back a little)
7&8 Step left foot forward (prep for ½ turn left), turn ½ left stepping back on right foot, take a small step back on left foot

Keep thinking 'back' because the first step of the dance is your small back step

REPEAT