

On Fire

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Advanced
編舞者: Cindy Thiemann (BEL)
音樂: Love Is Alive - Anastacia



RIGHT SAILOR STEP WITH BRUSH & CROSS BEHIND, OPEN, JUMP (LEFT KNEE UP)

1 Right foot cross behind left
& Left foot step next to right
2 Right foot brush
& Right foot put down
3 Left foot cross behind right
& Right foot and left foot jump open
4 Right foot jump in (left knee cross in front of right knee)

DOWN, SIDE TOUCH, TOGETHER, SIDE TOUCH, BODY ROLL, TOGETHER, SIDE TOUCH

& Left foot put down
5 Right foot touch right
& Right foot step next to left
6 Left foot touch left
7 Body roll (moving to the left)
& Right foot step next to left
8 Left foot touch left

TOGETHER, SIDE TOUCH, KNEE POP IN, KNEE POP OUT (WITH ¼ TURN RIGHT), TOUCH, SIDE TOUCH

& Left foot step next to right
9 Right foot touch right
10 Right knee pop in
11 Right knee pop out (with ¼ turn right)
& Left foot touch next to right
12 Left foot touch left

CROSS, TOGETHER, TOUCH, TOGETHER, CROSS, LEFT STOMP, RIGHT STOMP

13 Left foot cross in front of right foot
& Right foot step next to left
14 Left foot touch left
& Left foot step next to right
15 Right foot cross in front of left foot
& Left foot stomp next to right
16 Right foot stomp next to left

JUMP, JUMP, OPEN, CROSS, OPEN, CROSS

17 Right foot and left foot jump right
& Right foot and left foot jump right
18 Right foot and left foot jump open
19 Right foot and left foot jump in (right foot cross behind left foot)
& Right foot and left foot jump open
20 Right foot and left foot jump in (left foot cross behind right foot)

FULL TURN LEFT, FULL TURN RIGHT (WITH ARM MOVEMENTS)

21 Turn ½ left

- 22 Turn ½ left
- 23 Turn ½ right
- 24 Turn ½ right

Feet stay crossed while turning (wind, unwind)

Arm movements:

- 21-24 Hands on shoulder height, arms slightly bent, next to your body, wiggling up and down (down on counts 21-22-23-24)

RIGHT SIDE ROCK, TOGETHER, LEFT SIDE ROCK, TOGETHER (WITH ARM MOVEMENTS)

- 25 Right foot rock right
- & Left foot weight on left foot
- 26 Right foot step next to left
- 27 Left foot rock left
- & Right foot weight on right foot
- 28 Left foot step next to right

Arm movements:

- 25 Cross right arm in front of right chest (elbow on arm height) make a fist
- & (Right arm) turn fist to the right (arm moves along together)
- 26 (Right arm) put arm along the body
- 27 Cross left arm in front of left chest (elbow on arm height) make a fist
- & (Left arm) turn fist to the left (arm moves along together)
- 28 (Left arm) put arm along the body

SLIDE, STEP, KICK, OPEN, OPEN (WITH ARM MOVEMENTS)

- 29 Right foot large step to the right
- 30 Left foot slide next to right
- 31 Right foot kick
- & Right foot step to the right
- 32 Left foot step to the left

Arm movements:

- 29 Cross right arm in front of right chest (elbow a little above your arm) make a fist, left arm to the left (make a fist) like holding bow and arrow to the side
- 30 Put your right arm on your left arm, on shoulder height, with a little bow (left arm: down to up and right: up to down)
- 31 Cross your arms (just stretch them) to the front in front of your chest
- & Bow your arms (make a cross on your chest)
- 32 Put your both arms along the body

REPEAT

RESTART

On the 4th wall, dance only counts 1-16, then restart at the beginning of the dance.
