

PHD (Pretty Hard Dance)

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 4 級數: Advanced
編舞者: David J. McDonagh (WLS)
音樂: Fever - Jeff Moore



JUMPING HEEL JACKS, ¾ JUMP SPINS ON THE SPOT, SLIDE, HANDS

- 1 Jump back on right to right diagonal tapping left heel forward to left diagonal (facing 11:00)
& Jump both feet back to center
2 Jump back on right to left diagonal tapping left heel forward to right diagonal (facing 1:00)
3&4 On the spot jump both feet together 3 times turning ¾ turn left
Hands: 3&4, raise both hands above head in a relaxed position
5-6 Big slide left to left side, sliding right together
Hands: 5-6, left elbow up with left hand touching left shoulder and fist clenched with right arm straight out down to right diagonal and fist clenched
Your arms are now in a straight line down to right diagonal, and your head is glancing down
7 Right hand touches left shoulder, left hand touches right shoulder (left 'x' over right)
& Slide right hand to right shoulder, left hand to left shoulder
8 Drop both hands down to sides (tilting your head down)
& Raise head back to normal position

SWIVELS, LEFT BACK LOCK STEP, 1 & ½ TRIPLE TURN, ¼ TURN, FULL UNWIND

- 1 Swivel heels ¼ turn left (you're facing back wall)
2 Swivel heels ½ turn right (you're facing front wall)
3&4 Step left back, cross-step right over left, step left back
5&6 Turn 1 & ½ turns right towards back wall (6:00) stepping: right, left, right
&7-8 ¼ turn right stepping left to left side, cross-step right behind left, unwind a full turn

INVERSE ARM SNAKE ROLLS, OUTWARDS ARM SNAKE ROLLS

- 1 Left arm snake roll to the right
2-4 Three right arm snake rolls to the left while slowly turning ¼ turn left on the spot
5-8, is a complete arm snake roll from right hand across the body ending at left hand
5&6 Right arm snake roll to the right (right to left) (finger tips / elbow / shoulder)
7&8 Left arm snake roll to the left (right to left) (shoulder / elbow / finger tips)

ARM SNAKE ROLL INTO A BODY ROLL DOWN (KNEE POPS) BODY ROLL UP

- 1-6, is a arm snake roll into a body roll down then up again**
1&2 Left arm snake roll to the left (left to right) (finger tips / elbow / shoulder)
3& Body roll downwards (shoulders / chest / stomach / knees)
4 From the body roll you've ended at your knees, so, swiveling on both toes pop both knees in
5 Swiveling on both toes pop both knees out
&6 Body roll upwards (knees / stomach / chest / shoulders)
7&8 On ball of left foot spin 1 & ¼ turns left hooking right behind left knee
You've ended up facing the right wall from the front (3:00)

MASHED POTATO'S TRAVELING LEFT, SCOOT ½ TURNS

- 1 Cross-step right over left on your toes swiveling both heels in
& Swivel both heels apart
2 Step left to left side on your toes swiveling both heels in
& Swivel both heels apart
Hands: 1, raise both arms up to head level (so shoulders/elbows are horizontal, elbows/hands are vertical) keep hands in this position throughout counts 1&2&
3 Cross-step right behind left on your toes swiveling both heels in

& Swivel both heels apart
4 Step left to left side on your toes swiveling both heels in
& Swivel both heels apart

**Hands: 3, drop both arms up to stomach level (so shoulders/elbows are horizontal, elbows/hands are vertical)
keep hands in this position throughout counts 3&4&**

5 Scoot back on left touching right toe back and leaning body forward
6 Turn ½ turn right (straightening body)
7-8 Repeat counts 5-6 (end facing 3:00 wall again)

"FEVER" HANDS, KICK & KICK & (WITH PUNCHES), HANDS: "EYES ROLL DOWN"

1 Point right hand up to right diagonal (leaning body right)
&2 Slide left beside right, step right to right side (leaning body left)

Also pointing right hand down to left diagonal

3&4 Repeat counts 1&2
5 Kick left forward to right diagonal (punching right hand forward to left diagonal)
& Keep right hand there while stepping left beside right with a ¼ turn left

Keep right hand there for the next count

6 Kick right forward to left diagonal (punching left hand forward to right diagonal)

Right arm is now on top of left crossed

& Step right beside left
7 Bring both hands up near both ears with palms facing forward

Right hand - right ear, left hand - left ear

&8 Roll both hands down to both sides

End facing front wall (12:00)

1-16 Repeat counts 33-48

End facing left wall from front (9:00)

KICK & DOWN &, ¼ KICK & DOWN &, HANDWORK

1& Kick right forward, step right beside left
2 Pop both knees out dropping head sideways down to right (facing forward)
& Straighten yourself up bringing both knees in and head straight
3& Kick left forward turning ¼ turn left, step left beside right
4 Pop both knees out dropping head sideways down to left (facing forward)
& Straighten yourself up bringing both knees in and head straight
5& Touch right hand to left shoulder, touch right hand to right shoulder
6 Make an arc downwards with your right hand ending to left shoulder
7&2 X reversed right arm snake rolls to the right (elbow / wrist / finger tips)
8 Drop right arm down to right side

KICK-HITCH-CROSS, SHOULDER PULSES, DIAGONAL WALKS FORWARD, TRIPLE JUMP

1 Kick right to right side dropping right shoulder
& Hitch right knee raising right shoulder
2 Cross-step right over left dropping right shoulder
3& Raise right shoulder (drop left shoulder), drop right shoulder (raise left shoulder)
4 Raise right shoulder (drop left shoulder)
5 Step left forward to left diagonal with both hands on left hip
6 Step right forward to right diagonal with both hands on right hip
7&8 Jump 3 times on the spot turn ¼ turn left

Hands

7 Punch both arms forward (right over left)
& Bring both hands in towards chest
8 Roll both arms down so you end up as count (7) (cross arms punched)

REPEAT

RESTARTS:

During wall 5 only for "Fever" by "Jeff Moore", dance counts 1-64, then repeat 33-64. Repeat 33-48 once more and skip straight to count 65-80
