

Phenomenon

COPPER KNOB
BY STEPHENETS

拍數: 46 牆數: 1 級數: Intermediate/Advanced
編舞者: Charles Johnson
音樂: Phenomenon - LL Cool J



THE DIP, "BIG-DADDY" STRUT, STEP, TURN

- &1-2 Step right slightly to rear, step left forward, dip right shoulder while bringing right arm straight down to rear-knees bent a little-and angle shoulders to right
&3 Step left next to right, step forward right and bring up left arm
4 Step forward left (bring up right arm and lower left)
5-6 Repeat 3-4
7-8 Repeat 3, make ¼ turn left (weight on right)

½ TURN, TOUCHES AND KICKS WITH A STEP

- &1-2 Step left slightly to rear, step forward right, make ½ turn left (weight on left)
3&4 Touch right to right side, step right next to left, touch left to left side
&5& Step left next to right, kick right foot forward, step right next to left
6&7 Kick left foot to rear, step left next to right, kick right foot forward
&8 Step right next to left, step forward left (taking weight)

¾ TURN, SIDE ROCK, SAILOR-TURN, SIDE ROCK

- 1-2 On left make ¾ turn right pushing off with right foot, step right to right side
3-4 Rock hips to right and let hands follow motion to right, rock hips to left and let hands follow motion to left (weight to left)
5&6 Step right behind left with ¼ turn right, step left forward, with ¼ turn right-cross stepping right in front of left
7-8 Stepping left to left side repeat 3, 4 going from left to right

End with weight on right

SAILOR TURN, KICK-BALL-TURN, & STEP, BODY SHIFTS

- 1&2 Step left behind right and ¼ turn left, step right next to left, step forward left
3&4 Kick right forward, step down right, quick ½ turn left on ball of right ending with weight on right with knee slightly bent and left toe pointing forward
&5-6-7-8 Step forward left taking weight, turn ¼ right bringing feet together (weight on both), shift upper body to right, to left, to center

"SHAKE IT", HEAD MOVE

For counts 1-4, left heel follows hands and hips

- & Step slightly forward left and begin to raise hands up to right (about chest level)
1 Continue raising hands up (to left) about head level and moves hips to left
&2 Lower hands to right and move hips to right, lower hands to left and move hips to left
&3&4& Repeat &1&2, step left next to right
5 Place left hand to back of head/hat
6 Quickly move hand around head to the left
7 Finish the motion by placing left hand on left cheek
&8 Push head to look right, turn head back forward

RAISES, KICKS, STEPS, AND TURNS

- 1-2 Raise left knee, on right make ¼ turn left
3-4 Step down left and take weight, kick forward right
5-6 Swing/kick right to rear, swing/raise right knee in front

REPEAT
