

Phoney Creases

COPPER KNOB
BY STEPHEN HETS

拍數: 40 牆數: 4 級數: Intermediate/Advanced
編舞者: Charlie Milne (CAN)
音樂: Guys Do It All the Time - Mindy McCready



This dance is dedicated to 'my guy', David Ells. Thanks for not being 'one of the guys' Mindy McCready sings about, and also for the great dance title!

To really make this dance have an attitude, start in a natural standing position with both feet just a few inches apart and knees bent slightly. Place hands with thumbs in front belt loops, or behind belt buckle. Begin with the 4 count introduction.

4 COUNT INTRODUCTION ONLY - DO NOT REPEAT

- 1 Hands are placed on hips with "I Don't Think So" attitude!
- 2 Hold for one count
- 3 Raise both hands in front of you and flip them downward with "Yeah Right" attitude!
- 4 Hands are replaced to belt loops or belt buckle.

REMAINDER OF DANCE INSTRUCTIONS:

ROCK, & TURN, BALL CHANGE, KICK

- 1 Step right foot back, bending knees deeper
- &2 Step left foot down in place & turn to the right ½ ending with weight on right foot
- &3 Step on ball of left foot (still back) & step on ball of right foot in place
- 4 Kick left foot forward

JUMP OUT, & CROSS, UNWIND, & THRUST

- &5 Jump out with left foot to the left side & then the right foot to the right side
- &6 Jump and land left foot into the center & jump and cross right foot over left foot
- 7 Raise both heels and unwind in a ½ turn to the left
- &8 Place hands out in front of you as you push your hips back & thrust them forward pulling your arms towards you at the same time

ROCK, & TURN, BALL CHANGE, KICK

- 1 Step left foot back, bending knees deeper
- &2 Step right foot down in place & turn to the left ½, ending with weight on left
- &3 Step on ball of right foot (still back) & step on ball of left foot in place
- 4 Kick right foot forward

JUMP OUT, & CROSS, UNWIND, & THRUST

- &5 Jump out with right foot to the right side & then the left foot to the left side
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- &8 Place hands out in front of you as you push your hips back & thrust them forward pulling your arms towards you

RIGHT, TURN, BODY ROLL

- 1 Step right foot directly behind left foot
- 2 Unwind by raising heels of both feet in a ¼ turn to the right
- 3&4 Bend your knees deeply and roll your body up in a waving motion

RIGHT HIP WALK, LEFT HIP WALK

- 5&6 Right hip bumps forward, back, forward, as you step forward on right foot
- 7&8 Left hip bumps forward, back, forward, as you step forward on left foot

KICK, BALL CHANGE, POINT, SLIDE

- 1 Kick right foot out diagonally to the right
- &2 Step on ball of right foot behind and to the left of the left foot & step on ball of left foot in place
- 3 Step right foot to the far right, toe pointed to the right side
- 4 Slide your left foot into home position as the right foot rotates on the ball so they end up side by side: your arms go out to the sides, bent at elbows, palms up, then back to belt loops or belt buckle on the slide, with "What'd I Do Wrong?" attitude!

KICK, BALL CHANGE, POINT, SLIDE

- 5 Kick left foot out diagonally to the left
- &6 Step on ball of left foot behind and to the right of the right foot & step on ball of right foot in place
- 7 Step left foot to the far left, toe pointed to the left side
- 8 Slide your right foot into home position as the left foot rotates on the ball so they end up side by side; your arms go out to the sides, bent at elbows, palms up, then back to belt loops or belt buckle on the slide, with "What'd I Do Wrong?" attitude!

HEEL, TOE, HEEL, & TURN

- 1 Dig heel of right foot into floor slightly ahead of home position, right knee is bent; place hands on hips with an "I Don't Think So" attitude!
- 2 Touch toe of right foot beside the left foot
- 3 Dig heel of right foot slightly ahead of the home position
- &4 Switch weight from left foot to the right foot as you turn $\frac{1}{4}$ to your left & your left foot goes into a heel dig position

& SWITCH, HOLD, & SWITCH, & TURN

- &5 Switch weight from right foot to the left foot & your right foot goes into a heel dig position
- 6 Hold foot movement for one count as your hands are raised in front of you and flipped downwards with a "Yeah Right" attitude!
- &7 Switch weight from left foot to the right foot as you turn $\frac{1}{4}$ to the right & your left foot goes into a heel dig position and your hands go back to belt loops or belt buckle
- &8 Switch weight from right foot to left foot & your right foot goes into a heel dig position

REPEAT
