

The Power Of Life

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate/Advanced
編舞者: Heather Frye (CAN)
音樂: Around the World - Aqua



Sequence: AB, AA, Tag 1, AB, AAB, Tag 2, AA, Tag 1
When she says "I've been around the world", start counting on "world". Start dance 32 counts in

PART A

KICK OUT-OUT, BODY ROLL RIGHT ¼ LEFT, KNEE POPS

- 1&2 Kick right forward, step out right, left
3-4 Body roll side right, when coming back to left side make a ¼ turn to left taking weight
5-6 Pop right knee forward, pop left knee forward (right will automatically straighten)
7&8 Pop right knee forward, pop left knee forward, pop right knee forward

Weight ends up on left

KICK, KICK, SAILOR ¼ TURN RIGHT, WALK WITH WOBBLY KNEES LEFT, RIGHT, LEFT, TOUCH RIGHT

- 1-2 Kick right foot forward, kick right foot at a 45 degree angle
3&4 Cross step right behind left (angle body slightly), step left to side, step right slightly forward to right side making a ¼ turn right
5-6 Step forward left, step forward right
7-8 Step forward left, touch right beside left

While doing this, knock your knees together to look like wobbly knees

SIDE SHUFFLE, CROSS BEHIND UNWIND FULL TURN LEFT, ROCK STEP, BEHIND BALL CROSS

- 1&2 Shuffle side right, left beside, right
3-4 Cross left behind right, unwind full turn to the left keeping weight on left

Alternate steps

- 3-4 Step left beside right, touch right beside left
5-6 Rock to side right, recover weight onto left
7&8 Step right behind left, step left to left side, step right across left

KICK, KICK, LEFT SAILOR STEP, CROSS RIGHT OVER LEFT, UNWIND ¾ TURN LEFT

- 1-2 Kick left foot forward, kick left foot at a 45 degree angle
3&4 Cross step left behind right (angle body slightly), step right to side, step left slightly forward and to left side
5 Cross right over left
6-7-8 Unwind to left ¼, another ¼, and another ¼ to complete a ¾ turn

When unwinding separate and exaggerate each ¼ turn. Weight ends up on left.

TAG 1

At the end of the 3rd Part A (facing 9:00) and at the very end of the dance (facing 12:00)

- &1-2 Step out right, then left (shoulder width apart), put arms straight up in the air
3-4 Bring arms down to sides, weight should be mostly on left

PART B

Part B ends facing the same wall at which you started it

STEP TOUCH, STEP TOUCH, ROGER RABBITS

- 1-2 Step forward on an angle to the right, touch left beside right
3-4 Step back on an angle to the left, touch right beside left
&5&6 Raise right foot, right step behind left, raise left foot, left step behind right
&7&8 Raise right foot, right step behind left, rock forward onto left, recover onto right

STEP LOCK & STEP BRUSH, ROCK STEP PIVOT ½ TURN LEFT ON RIGHT, STEP FORWARD ON LEFT, RIGHT

- 1-2 Left step forward, lock step right behind left
- &3-4 Small step forward left, right step forward, brush left foot forward
- 5-6 Rock forward onto left, recover onto right
- 7-8 Pivot ½ turn left on right foot stepping forward on left, step forward on right
- 9-16 Repeat counts 1-8

KICK & KICK BALL CHANGE, TOUCH, CROSS RIGHT BEHIND LEFT UNWIND A FULL TURN, LEFT MAMBO STEP

- 1&2 Kick left foot forward, left step home, kick right foot forward
- &3 Rock right back, step left in place
- 4 Touch right to right side
- 5-6 Cross right behind left, unwind full turn to the right transferring weight to right

Alternate steps

- 5-6 Step right beside left, touch left beside right

- 7&8 Rock onto left foot, recover weight onto right foot, step left beside right

KICK & KICK BALL CHANGE, TOUCH, CROSS LEFT BEHIND RIGHT UNWIND SLOWLY ONE FULL TURN

- 1&2 Kick right foot forward, right step home, kick left foot forward
- &3 Rock left back, step right in place
- 4-5 Touch left to left side, cross left behind right
- 6-7-8 Unwind slowly a full turn to the left transferring weight to left

Alternate steps

- 5-6 Step left beside right, touch right beside left
- 7-8 Hold

TAG 2

At the end of the 3rd Part B (facing 6:00)

- 1&2 Kick right forward, step to right side, touch left beside right
- 3&4 Bump hips left, right, left
- 5&6 Kick right forward, step to right side, touch left beside right
- 7&8 Bump hips left, right, left

Weight ends up on left

The dance ends facing the same wall at which that you started

Special thanks to my husband Noel and son Nicholas for their love & support. You are my power to life.
