

The Rap Gap

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Diane Kale (USA)
音樂: I Hate Rap - Confederate Railroad



Sequence: A, B(1-24), AB, A, B, B(1-16), ABB

SECTION A

FUNKY WALKS, ROCK, RECOVER, ROCK, RECOVER, STEP BEHIND, STEP ¼, STEP ¼, STEP ¼

- 1-2 Funky walks forward right foot, left foot
3&4& Rock forward on right foot, recover back on left foot as you lift the right knee slightly, repeat 3&
5 Cross step right foot behind left foot
6 Turning ¼ turn left (weight on right foot), step slightly back on left foot (9:00)
7 Turning ¼ turn left (weight on left foot) step slightly to side on right foot (6:00)
8 Turning ¼ turn left (weight on right foot) step to left on left foot. (3:00)

Feet should be shoulder width apart. 5,6,7,8 are hinge turns

Option for 5,6,7,8: walk ¾ turn to the left, stepping back on the right foot (right, left, right, left)

KNEE ROLLS, STEP, STEP, HEEL SPLIT, TOE SPLIT, HITCH, POINT

- 1-2 Roll right knee out, roll left knee out
3-4 Step feet together, right, left
5-6 Heel split, toe split (moving a bit to the right)

Hands: touch your right hand to your forehead as if you were turning the bill of your ball cap

- 7-8 Hitch left knee in across right knee, point touch left toes to left. (3:00)

Hands: count 7 as you hitch left knee, cross your hands in front of you and touch your left thigh

ROCK, PIVOT ½ LEFT, STEP, CROSS, KICK, BEHIND, ¼ TURN RIGHT, FULL TURN RIGHT

- &-1-2 Rock back on left foot, step forward on right foot, pivot ½ turn left, step forward on left foot. (9:00)
3-4 Cross step right foot over left foot, kick left foot to left side
5-6 Cross step left foot behind right foot, stepping ¼ right on right foot (12:00)
7&8 Full turning shuffle right (left, right, left)

FUNKY WALKS FORWARD, FULL TURN LEFT

- 1-2 Walk forward right, left
3-4 Full turn left, (right, left). (12:00)

Option for 1-4: walk forward right, left, right, left

SECTION B

SHUFFLE RIGHT, SHUFFLE LEFT, CROSS ROCK FORWARD, RECOVER ROCK BACK, RECOVER

- 1&2 Right foot step right, bring left foot next to right foot, right foot step right, as you shuffle angle your body to a diagonal right (with attitude)
3&4 Repeat above to left. (with attitude)
5-6 Cross rock right foot over left foot, left foot rock back
7-8 Right foot rock back, left foot rock forward

STEP, FUNKY LEFT SAILOR SHUFFLE, FUNKY RIGHT TURNING SAILOR SHUFFLE, BEHIND, SIDE CROSS, UNWIND ½

- 1-2&3 Step right foot forward, step left foot behind right foot, step right foot to side, step left foot to left
4&5 Step right foot behind left foot, step left foot to side, step right foot side, while turning ¼ turn right (3:00)

6&7 Step left foot behind right foot, step right foot to side, cross left foot over right foot
8 Unwind ½ right (9:00)

WALK, WALK, FORWARD COASTER, WALK, WALK, BACK COASTER

1-2 Walk forward right, left
3&4 Step forward right foot, step left foot next to right foot, step back on right foot
5-6 Walk back left, right
7&8 Step back left foot, step right foot next to left foot, step forward on left foot

½ MONTEREY TURN, STEP, SLIDE TWICE

1-2 Touch right toe to side turning ½ turn right, step right foot next to left
3-4 Take large step to left, drag right next to left foot (3:00)
5-8 Repeat counts 1-4 (9:00)

Every time the artist says "I Hate Rap" the dance starts from the beginning
