

Rock DJ

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: JJDancers
音樂: Rock DJ - Robbie Williams



ROGER RABBITS, LARGE STEP FORWARD & DRAG, FULL MONTEREY TURN & ¼ TURNING SNAKE ROLL

- 1 Scoot back on left foot with right foot raised behind
- & Lock right foot behind left foot
- 2 Scoot back on right foot with left foot raised behind
- & Lock left foot behind right foot (left foot taking weight)
- 3 Step right forward large step
- 4 Drag left foot to meet right taking weight (exaggerating the lunge forward)
- 5 Point right foot to right side
- 6 Spin full turn right - feet together
- 7-8 Point left foot to left side and begin snake roll to left making ¼ turn right (you should now be facing 3:00)

HIP BUMPS, RIGHT SHUFFLE FORWARD, CROSS, KICK, CROSS, UNWIND ½ TURN LEFT

- 1&2 Hip bumps (right, left, right,)
- 3&4 Shuffle forward right, left, right
- 5 Cross left foot across right
- 6 Kick right foot to right diagonal
- 7 Cross right foot over left foot
- 8 Unwind ½ turn left

BOUNCY ROCKS?, ROCK & CROSS UNWIND FULL TURN, CLAPS

- 1-2 Step left foot to slight forward left diagonal and lean and bounce (hands crossed behind your back)
- 3-4 Step right foot to slight forward right diagonal and lean and bounce (hands crossed behind your back)
- 5 Rock left to left side
- & Recover weight to right foot in place
- 6 Cross left over right
- 7 Unwind full turn right
- &8 Clap twice

SHOULDER/SQUAT BOX, ½ PIVOT TURN RIGHT, ROCK & RECOVER

- 1 Place left foot to left side - take shoulders over left foot (your feet should be shoulder width apart)
 - 2 Squat down to left side - shoulders still over left foot
 - 3 Change weight to right foot and squat to right side - shoulders over right foot
 - 4 Stand up with shoulders over right foot
- This is easier to do than to describe. Basically your feet are shoulder width apart and you move your upper body/shoulders in a box shape to the four corners. Hands can be on thighs**
- 5 Step left foot forward
 - 6 Pivot ½ turn right
 - 7 Rock left foot forward
 - & Recover weight to right foot in place
 - 8 Place left foot next to right and take weight on left

REPEAT

