

The Secret Recipe

COPPER KNOB
BY STEPHENETS

拍數: 0 牆數: 4 級數: Intermediate/Advanced
編舞者: Jennifer Bonds (USA)
音樂: Can I Get a Witness - i5



Sequence: A, B, C, A, B, C, A, B, B, B

PART A

POINT RIGHT, ¼ LEFT, HEEL JACK, BRUSH, SCUFF, TAP, CROSS, SIDE, BEHIND

- 1-2 Point right foot to right side and put right arm to right side with palm out..(snap it out on drum beat), snap head to right, touch left next to right bringing right arm back in
- &3&4& Step back on right turning ¼ left, tap left heel forward, step on left foot, touch right next to left
- 5&6 Brush right forward, brush right across in front of left, touch right toe across left in front
- 7&8 Step on right, turn ¼ right & step to the side with left, step behind left with right

SEMI SYNCOPATED VINE RIGHT, STEP ½ TURN, SCUFF HITCH POINT AND SIT

- 1&2 Rock left out to left side, replace weight on right, cross left behind right
- &3&4 Step right to right side, cross left in front of right, step right to right side, replace weight on left
- 5-6 Step forward on right, pivot ½ turn to left stepping on left
- 7&8 Scuff and hitch right leg, touch right toe in front and sit as you touch (bending both knees slightly)

KICK ¼ POINT, LEFT SAILOR, RIGHT SAILOR, LEFT TRIPLE FORWARD

- 1&2 Kick right foot forward, step on right with a ¼ turn to the left, point left to left side
- 3&4 Step left behind right, replace weight on right, step left next to right
- 5&6 Step right behind left, replace weight on left, step right next to left
- 7&8 Triple forward stepping left, right, left

STEP ½ TURN 2 -½ TURN PIVOTS, TRIPLE ½ TURN, COASTER STEP

- 1-2 Step forward on right, pivot ½ turn to left, stepping on left
- 3-4 Pivot ½ turn to left on left, step back on right, pivot ½ turn to left on right, step forward on left
- 5&6 Triple ½ turn to left stepping right, left, right traveling back as you turn
- 7&8 Step back on left, step right next to left, step forward on left

POINT AND CROSS

- 1-2-3-4 Point right to right side, cross right in front of left, point left to left side, cross left in front of right
- 5-6-7-8 Point right to right side, cross right in front of left, point left to left side, cross left in front of right

STEP ¼ TURN, CROSSING TRIPLE LEFT, HEEL JACK WITH A HOLD

- 1-2 Step forward on right, pivot ¼ turn to left replacing weight on left
- 3&4 Cross right in front of left, step behind right with left, cross right in front of left
- &5&6& Step left to left side, tap right heel forward, step back slightly on right, cross left in front of right stepping on left
- 7 Hold
- &8& Step slightly back on right, tap left heel forward, replace weight on left

PART B

TOE TAPS, KICK, HOP TOGETHER, SIDE TRIPLE, ½ TURN LEFT RONDE

- 1&2-3&4 Tap right toe slightly in front of left 3 times, kick right forward, hop slightly forward, touch left next to right

5&6-7-8 Triple side, together, side, stepping left, right, left, ronde right foot around ½ turn to your left stepping on right

LEFT SIDE TRIPLE, BACKWARDS SAILOR, SYNCOPATED VINE, LUNGE AND TOUCH

1&2 Side together side stepping left, right, left

3&4 Step right behind left, turn ¼ turn to right stepping on left, step right next to left

5&6 Step left behind right, step right to right side, cross left in front of right

&7-8 Step right to right side, pushing off ball of right lunge left to left side and drag right touching next to left for 7-8

TRIPLE FORWARD, STEP ½ TURN, HIP BUMPS

1&2-3-4 Triple traveling forward right, left, right, step forward on left, pivot ½ turn to right replacing weight on right

5-6-7-8 Step forward on left bumping left hip forward, right hip back, left hip forward, right hip back replacing weight on right

TRIPLE FORWARD, ¼ TURN, HAND MOVES, BODY ROLL

1&2-3-4 Triple traveling forward left, right, left, step forward on right, pivot ¼ turn to left stepping on left

5&6& (Standing with feet shoulder length apart weight on left) bring right hand to left shoulder, bring left hand to right shoulder, bring right hand to right hip, bring left hand to left hip

7-8 Pivot ¼ turn to right, body/shoulder roll leaving weight on left

PART C

TRIPLE, STEP ½ TURN TRIPLE, WALK, WALK

1&2 Triple traveling forward right, left, right

3-4 Step forward on left, pivot ½ turn to right replacing weight on right

5&6 Triple traveling forward left, right, left

7-8 Walk forward right, walk forward left
