

Shebang

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lu Olsen (AUS)
音樂: She Bangs (English Edit) - Ricky Martin



KICKS, STOMP, KICK, ROCK BACKS

- 1-4 Kick right forward diagonal over left leg, kick right forward diagonal to right, stomp right beside left foot, kick right forward
&5-6 Right back, left in place, right beside left
&7-8 Left back, right in place, left beside right

Hands:

- &5-6 Place right elbow forward and bend upper arm up while placing left back hand under right elbow
&7-8 Reverse arms (place left elbow forward and bend upper arm up while placing right back hand under left elbow)

SHUFFLES WITH TURNS, ROCK FORWARD & BACK

- 1&2&3&4 Shuffle forward right-left-right, ½ turn right, shuffle back left-right-left
&5&6 ½ turn right, shuffle forward right-left-right
7&8 Rock left forward, rock right back, left back

BACKWARD WALKS, HIP SWAYS

The next 8 counts involves arm movements. Make the arms stylish/twisting motion (or use your own style) and emphasize hips sways while walking back

- 1-2 Walk back right (extend right arm over head), walk back left (extend left arm over head)
3 Walk back right (still extended right arm cross right wrist in front of left wrist over head)
4 Walk back left (twist right hand under left wrist so left hand is now in front, still above head)
5-6 Walk right slightly back (right hand down on right buttock), walk left slightly back (left hand down on left buttock)
7-8 (Hands remain on buttock) rock right to right sway hips right, rock left to left sway hips left

ROCK BACK, ¼ TURN, SYNCOPATED KICK, ½ TURN KICK, FULL TURN

- &1-2 Right back, ¼ left turn left foot forward, kick right forward
3-4 Right over left to start ½ left turn, complete ½ left turn and kick left forward
&5 Left back, right forward
6-8 Full turn right moving slightly forward stepping left, right, left

MOVING FORWARD 4 SASSY STEPS ON BALLS OF FEET, ¼ TURN FLICK LEG & SHUFFLE FORWARD

- 1 Right over left (left hand covers front of tummy while right palm facing front out to right side)
2 Left over right (right hand covers front of tummy while left palm facing front out to left side)
3-4 Repeat sassy steps 1-2
5-6 Right over left, ¼ turn right on right foot - flick left leg back (bent at knee) and flick head back (chin raised)
7&8 Shuffle forward left-right-left

At the end of wall 3, restart from here facing to front

At the end of wall 7, add a pair of 4 count right hip rolls, then restart the dance from the top

SAMBA STEPS, TAP, CROSS SHUFFLE & ½ TURN

- &-1-2 Right foot slightly back right diagonal, left to center, right forward
&3-4 Left foot slightly back left diagonal, right to center, tap left to left side
5&6 Left over right, right to right, left over right
7-8 Step back on right ¼ turn left, ¼ turn left and step left to left

MOVING FORWARD 4 SASSY STEPS ON BALLS OF FEET, ¼ TURN FLICK LEG & SHUFFLE FORWARD

- 1 Right over left (left hand covers front of tummy while right palm facing front out to right side)
- 2 Left over right (right hand covers front of tummy while left palm facing front out to left side)
- 3-4 Repeat sassy steps 1-2
- 5-6 Right over left, ¼ turn right on right foot - flick left leg back (bent at knee) and flick head back (chin raised)
- 7&8 Shuffle forward left-right-left

DIAGONAL SLIDE KNEE ROLLS, KICK BALL CHANGE, STEP DRAG TO FINISH!

Left hand over tummy while right hand extended above head and circles above head for counts 1, 2, 3, 4

- 1-4 Right forward diagonal and roll right knee, slide left foot forward to right foot, right forward diagonal and roll right knee, tap left beside right foot
- 5&6 Kick left forward, left beside right, right in place
- 7-8 Large left step to left, drag right to left (weight on left) (place right arm around body while left arm curls above head. "ole!")

REPEAT

RESTARTS

Dance 3rd wall to count 40, then start again on wall 4 to front

Dance 7th wall to count 40, then add 4 count, two right hip rolls. Then start again on wall 8 to the right.
