

Shout Out Loud

COPPER KNOB
BY STEPHEN SUNTER

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Stephen Sunter (UK)
音樂: Can't Hold Us Down (feat. Lil' Kim) - Christina Aguilera



KNEE ROLL ¼ TURN, SIDE STEP & CLICK FINGERS, REPEAT THREE TIMES

1-2 Step left to side and roll left knee making a ¼ turn left, step right to side and click fingers
3-4 Roll left knee making a ¼ turn left, step right to side and click fingers
5-6 Roll left knee making a ¼ turn left, step right to side and click fingers
7-8 Roll left knee making a ¼ turn left, step right to side and click fingers

SKATE LEFT, SKATE RIGHT, SIDE SHUFFLE, CROSS ROCK, 1 ¼ TURN RIGHT

9-10 Skate left to left, skate right to right
11&12 Left side shuffle left, right, left
13-14 Cross rock right over left, replace weight to left
15&16 Turn ¼ right stepping forward right, turn ½ right step back left, turn ½ right step forward right

WALK, WALK, ROCK, BACK, BACK, OUT, OUT, BUMP

17-18 Step forward left, step forward right
19-20 Rock forward left, replace weight to right
21-22 Step back left, step back right
&23-24 Step left slightly out to left, step right slight to right keeping hips left, bump hips to right

HIP BUMPS, ¼ TURN, STEP, LOCK, STEP LOCK STEP

25&26&27& Bump hips left, right, left, right, left, right
28 Bump hips left making a ¼ turn right and pop knee forward
29-30 Step forward right, lock left behind right
31&32 Step forward right, lock left behind right, step forward right

PADDLE TURN, FULL TURN WITH A KICK & SIT, SAILOR STEP, CROSS UNWIND

&33 Make ¼ turn right hitch left slightly, point left to side
&34 Make ½ turn right hitch left slightly, point left to side
Keep momentum and continue to make a full turn right
35 Making a full turn on the ball of right foot, kick left slightly to side
&36 On completion of the full turn step down with left foot, bend left knee and make a sitting position
37&38 Step right behind left, step left to left, step right to side
39-40 Cross left over right, unwind a full turn right and transfer weight to left

SIDE SHUFFLE, CROSS ROCK, ROLLING VINE, CROSS RIGHT OVER LEFT

41&42 Shuffle to the right on right, left, right
43-44 Cross rock left over right, replace weight right
45-46 Turn a ¼ left stepping forward left, make ½ turn left and step back right
47-48 Turn a ¼ left and step left to left side, cross step right over left

REPEAT