

Somethin' Real

COPPER **NOB**
BY STEPHEN BRETZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Heather Frye (CAN)
音樂: The Real Me - Svala



Begin dance 16 counts in. When dancing to this song there are two restarts and they both occur when facing the back wall. After the first two repetitions, do the first 16 counts and start over from the beginning. (you are still at the back wall.) After the next four full repetitions, do the same thing.

WIZARD OF OZ STEPS, SKATE RIGHT, SKATE LEFT ¼ TURN LEFT, STEP ¾ TURN LEFT, TOUCH SIDE RIGHT

- 1-2& Right step forward, lock step left behind right, small step forward on right
- 3-4& Left step forward, lock step right behind left, small step forward on left
- 5-6 Skate step to the right, skate step left making a ¼ turn left
- 7&8 Step forward right, pivot ¾ turn left keeping weight on left, touch right to side right

CROSS, UNWIND FULL TURN LEFT, RIGHT SIDE ROCK, RIGHT SAILOR, BEHIND BALL CROSS

- &1-2 Step right foot in front of your left, lock left behind right, hold
- 3-4 Unwind a full turn to left keeping weight on left
- 5&6& Rock side right, recover left, cross step right behind left (angle body slightly), step left to left side
- 7&8& Step right to right side, cross step left behind right, step right to side right, cross step left in front of right

TOUCH & STEP FORWARD RIGHT, LEFT, RIGHT, TOUCH SIDE LEFT, PIVOT ¼ TURN LEFT, FORWARD AND BACK HIP BUMPS

- 1&2& Touch right beside left, small step forward right, touch left beside right, small step forward left
- 3&4 Touch right beside left, small step forward right, touch left to side left
- 5-6 Pivot ¼ turn left keeping weight on right and bending right knee slightly, bump left hip forward by straightening right knee but keeping weight on right (left toe is forward for balance)
- 7&8 Bump back, forward, back (by keeping weight on right and slightly bending and straightening right knee. I.e., bend, straighten, bend)

It may be useful to think of it as a pelvic movement as you are not shifting your weight from one foot to the other

STEP FORWARD LEFT, RIGHT, TURNING LEFT TO COMPLETE A ONE AND A HALF TURN, BEHIND BALL CROSS

- 1-2 Step forward left, step forward right
- 3-4 Turn left ½ keeping weight on right, pivot ½ turn left (keeping weight on right) stepping forward onto left
- 5-6 Step forward right, turn left ½ stepping forward onto left
- 7&8& Step right to right side, cross step left behind right, step right to side right, cross step left in front of right

REPEAT