

Staten Island Groove

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: John Robinson (USA)
音樂: Staten Island Groove - Down to the Bone



RIGHT STEP FORWARD, PIVOT ¼ LEFT, HIP SHAKE BACK, LEFT STEP FORWARD, RIGHT TOUCH, RIGHT STEP BACK TURNING ¼ LEFT, LEFT TOUCH

- 1-2 Step right forward, pivot ¼ left keeping weight on right, left ball of foot touching floor
3&4 Keeping weight on right foot with knee slightly bent, bump hips right-left-right
5-6 Left step in place, right toe touch next to left
7-8 Pivot ¼ left and step right foot back, left toe touch in place

LEFT KICK & RIGHT TOUCH-STEP, LEFT KICK & RIGHT TOUCH (TRAVELING FORWARD), TURN ¼ LEFT INTO SYNCOPATED RIGHT SIDE ROCK & CROSS, LEFT SIDE & RIGHT BEHIND, LEFT STEP FORWARD INTO ¼ TURN LEFT

- 1&2& Left low kick forward, step left forward, right toe tap behind left heel, right step down in place
3&4 Left low kick forward, step left forward, right toe tap behind left heel
5&6 Pivot ¼ left off left foot and right rock side right, recover weight to left, right step across left
7&8 Left step side left, right step behind left, left step forward into ¼ turn left

RIGHT BRUSH & LEFT BACK ROCK-STEP, LEFT BRUSH & RIGHT BACK ROCK-STEP, RIGHT BRUSH & LEFT FORWARD ROCK-STEP, LEFT TRIPLE STEP TURNING ¾ LEFT

- 1&2& Right brush forward, step right forward, left rock behind right heel, recover weight to right
3&4& Left brush forward, step left forward, right rock behind left heel, recover weight to left
5&6& Right brush forward, step right forward, left rock forward, recover weight to right
7&8 Pivot off right foot/left step forward starting ¾ turn left, right step together, left step forward finishing ¾ turn

SYNCOPATED SIDE ROCK & STEP FORWARD (RIGHT THEN LEFT), RIGHT BRUSH & LEFT ROCK FORWARD & 1 ½ TURNING TRIPLE

- 1&2 Right rock side right, recover weight to left, step right forward
3&4 Left rock side left, recover weight to right, step left forward
5&6& Right brush forward, step right forward, left rock forward, recover weight to right
7&8 Pivot off right stepping left foot forward into ½ turn left, pivot off left stepping right foot back into ½ turn left, pivot off right stepping left foot forward into ½ turn left

Easier option for 7&8: pivot a half turn and triple forward left-right-left

DIAGONAL TOUCHES WITH KNEE "ROLLS," TRAVELING SLIGHTLY FORWARD

To get the desired effect, keep body weight back over supporting leg while rolling the knee out-in-out in a smooth circular motion

- 1&2 Right touch forward to 45 degree angle right, rolling knee out, in, out placing weight on right
3&4 Left touch forward to 45 degree angle left, rolling knee out, in, out placing weight on left
5&6 Right touch forward to 45 degree angle right, rolling knee out, in, out placing weight on right
7&8 Left touch forward to 45 degree angle left, rolling knee out, in, out placing weight on left

RIGHT SHUFFLE BACK, PIVOT ½ LEFT INTO LEFT STEP FORWARD, RIGHT SIDE TOUCH, RIGHT KICK & LEFT ANGLED SLIDE BACK, LEFT KICK & RIGHT ANGLED SLIDE BACK

- 1&2 Step right back, left step next to right, step right back
3-4 Pivot ½ left off right foot stepping left foot forward, right touch out to right side

To get the proper effect, when you cross the foot it should look like you're "pushing" the other foot back into the angled touch

- 5&6 Right low kick forward, right step across left, left toe slide back to 45 degree angle left
7&8 Left low kick forward, left step across right, right toe slide back to 45 degree angle right

RIGHT STEP, PIVOT ¼ LEFT, SHOULDER SHRUG, LEFT KICK-BALL-CROSS TWICE TRAVELING LEFT

- 1-2 Step right forward, pivot ¼ left keeping weight on right foot
3&4 Shrug shoulders quickly up & down three times (option: shake or shimmy shoulders instead)
5&6 Left low kick toward left diagonal, left step ball of foot back, right step across left
7&8 Left low kick toward left diagonal, left step ball of foot back, right step across left

LEFT STEP FORWARD INTO ¼ TURN LEFT & RIGHT TAP-STEP, LEFT SHUFFLE TURNING ½ LEFT, HIP WIGGLE UP & DOWN WHILE TURNING ½ LEFT

- 1&2 Left step forward into ¼ turn left, right tap behind left, step right back
3&4 Pivot ½ left off right foot stepping left foot forward, right step next to left, step left forward
Gradually pivot ½ turn left while executing the up and down hip bumps on counts 5-8
5&6& Right touch forward bumping hips right and up, bump hips left, bump hips right and down, bump hips left
7&8 Bump hips right and up, bump hips left, bump hips right and down; weight is still on left foot

REPEAT
