

Super Model

COPPER **KNOB**
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Ivy Chan Siew Lin (SG)
音樂: Super Model - S.H.E



Sequence: AA, BB, AA, BB, Tag, BB, B- (16 count with ending)

This dance was placed 3rd placing for the Choreography Competition held in the DanceFuntasia Taipei 2006

PART A

WALK TWICE, ¼ TURN LEFT-HIP BUMP, ¼ TURN, ½ TURN, SWEEP-LEFT COASTER

- 1-2 Walk forward on right, walk forward on left
3&4 Making ¼ turn left step right to right side, bump hips right-left-right (look over right shoulder on count 4)
5-6 Turn ¼ left step forward on left, turn ½ left step back on right
&7&8 Sweep left from front to back, step back on left, step right beside left, step forward on left (12:00)

SIDE ROCK WITH ¼ TURN, FORWARD SHUFFLE, SWEEP ½ TURN, BACK ROCK-TOUCH

- 1-2 Rock right to right side, recover weight onto left making ¼ turn left
3&4 Step forward on right, step left beside right, step forward on right
5-6 Making ½ turn right, sweep left from back to front, touch left beside right

Styling option: raise both hands up from side and across above head

- 7&8 Rock back on left, recover weight on right, touch left beside right

Styling option: both hands wipe a semi circle to the left on left side from top to back (3:00)

CROSS-POINT, CROSS-POINT, STEP ¾ TURN, SIDE SHUFFLE

- 1-2 Cross left over right, point right to right side

Styling option: right arm bent & a clenched fist chest height & right elbow pointing out to right side, jab right elbow to right side

- 3-4 Cross right over left, point left to left side

Styling option: left arm bent & a clenched fist chest height & left elbow pointing out to left side, jab left elbow to left side

- 5-6 Step forward on left, ¾ turn over right

- 7&8 Step left to left side, step right beside left, step left to left side (12:00)

RIGHT SAILOR, LEFT SAILOR-POINT, SIDE BODY ROLL, CROSS-¼ TURN-¼ TURN

- 1&2 Step right behind left, step left to left side, step right to right side

- 3&4 Step left behind right, step right to right side, point left to left side

- 5-6 Side moving body roll to left

- 7&8 Cross left over right, turn ¼ left step back on right, turn ¼ left step left to left side (6:00)

PART B

SCUFF-HITCH-STEP, LEFT COASTER, FORWARD SHUFFLE, HITCH-POINT ¼ TURN (TWICE)

- 1&2 Scuff right forward, hitch right knee and left leg scoot slightly back, step back on right

- 3&4 Step back on left, step right beside left, step forward on left

- 5&6 Step forward on right, step left beside right, step forward on right

- &7&8 Hitch left knee, make ¼ turn right point left toe to left (repeat) (6:00)

CROSS-STEP-HEEL-STEP, CROSS-STEP-HEEL-STEP, ½ PIVOT TURN, FORWARD SHUFFLE

- 1&2&8 Cross left over right, step right to right side, touch left heel diagonally forward left, step left back to place

- 3&4&8 Cross right over left, step left to left side, touch right heel diagonally forward right, step right back to place

5-6 Step forward on left, pivot ½ turn on right
7&8 Step forward on left, step right beside left, step forward on left (12:00)

BUMP HIPS RIGHT-LEFT, RIGHT-LEFT-HOOK, ¼ TURN-SHUFFLE, ½ PIVOT TURN

1-2 Step right to right side, bump hips right-left

Styling option: swing both hands out to side right-left

3&4 Bump hips right-left-right, hook left behind right

Styling option: swing both hands a full circle to the left from left and out to right side

5&6 Turn ¼ left, step forward on left, step right beside left, step forward on left

7-8 Step forward on right, pivot ½ turn on left (3:00)

STOMP RIGHT-LEFT, HEEL SWIVELS WITH ¼ TURN, STEP, ½ TURN SAILOR ¼ TURN

1-2 Stomp forward & diagonal to right, stomp forward & diagonal to left (feet apart)

3&4 Swivel both heels to right-left-right with ¼ turn left, weight on right (lean slightly back)

5-6 Step forward on left, turn ½ left step back on right

7&8 Step left behind right, step right in place as you make ¼ turn left, step slightly forward on left (3:00)

TAG

Facing front wall

CROSS UNWIND FULL TURN, 3 HOP WITH ¼ TURN LEFT

1-2-3 Cross right over left, unwind full turn to left

&4& Hop 3 time on both feet making ¼ turn to left (9:00)

Styling option: clenched right fist and punching right arm up

OPTIONAL OPENING

After 32 count intro

WALK FORWARD RIGHT-LEFT-RIGHT-LEFT, STEP-HOLD, STEP-HOLD

1-2-3-4 Cat-walk forward on right-left-right-left

5-6-7-8 Step right to right side (no weight on left), hold, step left to left side (no weight on right), hold (12:00)

TURN RIGHT WALK A SEMI CIRCLE TO THE RIGHT FULL TURN RIGHT, STEP-HOLD, STEP-HOLD

1-2-3-4 Turn to right walk forward on right-left-right-left a semi circle to the right and end at front wall

5-6-7-8 Step right to right side (no weight on left), hold, step left to left side (no weight on right), hold (12:00)

ENDING

Dance B- up to count 14, do the following step and finish the dance at front wall

7-8 Step forward on left, unwind ¾ turn spiral right, weight on left, point right in front left, hold

Raise both hands up to side & pose
