

Super Size

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Pete Burdack (USA)
音樂: The Fast Food Song - Fast Food Rockers



Dance count down starts with the words "lets eat to the beat" (28 count intro) (weight starts on the right foot)

SCISSOR STEPS TWICE, QUARTER TURN RIGHT, COASTER STEP

- 1&2 Step left foot out to the side with weight, replace weight onto the right, cross left foot over the right with weight
3&4 Step right foot out to the side with weight, replace weight onto the left, cross right foot over left with weight
5-6 Step left side quarter turn to the right, step back on right
7&8 Step left foot back, bring right foot together, step left foot forward

ANGLED SHUFFLES TWICE, HEEL TURN, COASTER STEP

- 1&2 Shuffle right, left, right, at a slight angle up & right
3&4 Shuffle left, right, left, at a slight angle up & left
5-6 Step right heel forward, and half turn over the left shoulder weight on right
7&8 Step left foot back, bring right foot together, step left foot forward

HIP BUMPS TWICE, SAILOR STEPS TWICE

- 1&2 Hip bump right (bump hip to the right, slight rock on left, bump hip right,)
3&4 Hip bump left (bump hip to the left, slight rock on right, bump hip left,)
5&6 Right sailor step (cross right foot behind left, weight on left, step side right,)
7&8 Left sailor step (cross left foot behind right, weight on right, step side left,)

KICK TWICE WITH QUARTER TURN, COASTER, HEEL TURN

- 1-2 Kick right forward, kick right to the right making a quarter turn to the right
3&4 Right coaster step (step right foot back, bring left together, step right foot forward,)
5-6 Step left heel forward, make a half turn over the right shoulder keeping weight on the left
7&8 Cross right over left foot with weight, step back on the left making a quarter turn right, step on right foot with weight

REPEAT

RESTART

On 4th wall (starting dance for the 4th time) lyrics will say, "i think of you and lick my lips...". Do the 1st 8 count as normal (scissor steps twice, quarter turn right, coaster step) you'll be doing the second phrase of steps (angled shuffles twice, heel turn) but instead of a left coaster step, do a left rock step, and restart which should put you in sync with the chorus

- 1&2 Shuffle right, left, right, at a slight angle up & right
3&4 Shuffle left, right, left, at a slight angle up & left
5-6 Step right heel forward, and half turn over the left shoulder weight on right
7-8 Rock back on the left, rock forward/recover weight onto the right

Start dance again from the beginning