

Supermodelz

COPPER KNOB
BY STEPHEN METZ

拍數: 0 牆數: 0 級數:
編舞者: Kathy Hunyadi (USA) & Gerard Murphy (CAN)
音樂: Supermodel - Taylor Dayne



Sequence: ABBA, Tag, ABBA, Tag, B, ABBA, Tag, ABBA, B (1-8), POSE to the front wall on the last count

PART A

WALK, WALK, WALK, WALK, STEP, ¼ TURN, CROSS, POINT

1-2-3-4 Walk forward stepping left, right, left, right
5-6 Step forward onto left, turn ¼ right (weight to right)
7-8 Cross step left over right, point right foot to right

CROSS ROCK, RECOVER, ½ TURN SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2 Cross rock right over left, recover onto left
3&4 Shuffle forward stepping right, left, right (turning ½ turn to the right)
5-6 Rock forward onto left, recover onto right
7&8 Step left foot back, step right foot together, step left foot forward

ROCK, RECOVER, ¼ TURN, CROSS, ¼ TURN, ¼ TURN, CROSS, SWEEP

1-2 Rock forward onto right, recover onto left
3-4 Turn ¼ right and step right to side, cross step left over right
5-6 Turn ¼ left and step right back, turn ¼ left and step left to side
7-8 Cross step right over left (bending knees slightly), rondé left foot from back to front

CROSS, STEP, SAILOR STEP, CROSS, STEP, ¼ COASTER STEP

1-2 Cross step left over right, step right to right
3&4 Step left foot behind right, step right foot to side, step left foot to side
5-6 Cross step right over left, step left to left
7&8 Turn ¼ right and step right foot back, step left foot together, step right foot forward

PART B

WALK, WALK, STEP, ¼ TURN, ¼ TURN WALK, WALK, STEP, ¼ TURN

1-2 Walk forward left, right
3-4 Step forward on left, turn ¼ turn right
Keeping weight on the left. Look over left shoulder
5-6 Turn body ¼ turn right and step forward right, left
7-8 Step forward on right, turn ¼ turn left

Keep weight on the right. Look over right shoulder

WALK, WALK, SIDE STEP, HOLD, SHIFT WEIGHT, HOLD, ¼ TURN, ¼ TURN

1-2 Walk forward left, right
3-4 Step left to left, hold
5-6 Shift weight to right, hold

Pose on the holds

7-8 Turn ¼ left and step left foot in place, turn ¼ left and step right foot to side

TAG

THE 'Z'

Keeping weight on your right, snap your left fingers in front of your body to make a large 'z' pattern

1-2-3-4 Snap left fingers high in front of your right ear, snap high in front of your left ear, cross your hand down across your body and snap low in front of your right hip, snap low in front of your left hip

After you pose at the very end of the dance, hold the pose 'til she says the last 'you better work' and snap your left fingers high on the word 'work'
