

# S.W.E.A.T. Some More

**COPPER** KNOB  
BY STEPHEN

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Darren Bailey (UK) & Matt Jenkins (UK)  
音樂: A Taste Of Boogie - Carboo



## ELBOW BLOCKS, FIST THRUSTS, BODY ROLLS BACKWARD & FORWARD

Clench right fist/ 'grab' with left hand so that right arm is horizontal and right arm is vertical forming a right angle

- 1&            Thrust right elbow right, thrust right arm left  
Change right to vertical & left to horizontal  
2&            Thrust left elbow left, thrust left arm right  
3&4          Same hand position thrust fists at 3 points down your body: head level, chest level, midriff  
5-6          Body roll backwards starting from head to knees  
7-8          Body roll forward starting from knees to head

## RIGHT FOOT FLICKS, LEFT FOOT FLICKS, SINGLE FOOT FLICKS, STEP ½ TURN

- 1&            Flick right forward hopping on left, flick right to shin hopping on left  
2&            Flick right forward hopping on left, step right beside left  
3&            Flick left forward hopping on right, flick left to shin hopping on right  
4&            Flick left forward hopping on right, step left beside right  
5&            Kick right across left, step right beside left  
6&            Kick left across right, step left beside right  
7-8          Step right forward, pivot ½ turn over left shoulder

## WALKS FORWARD, BODY ROLLS FORWARD & BACKWARDS, HIP ROLLS TURNING A ¼ TURN

- 1-2          Walk forward: right, left  
3-4          Body roll forward starting from knees to head  
5-6          Body roll backwards starting from head to knees  
7-10        Hip rolls to the left over (4) counts while turning a ¼ turn right

## STEP ½ TURN, PADDLE/PUSH TURNS TURNING 1 ½ TURNS

- 1-2          Step right forward, pivot ½ over left shoulder  
3-6          Step right forward pushing yourself ½ a turn left, do this another 3 times completing 1 ½ turns

**Counts (3-6) arms are bent at elbows with hands in the air clicking fingers**

## STREET WISE VERSION OF THE RUNNING MAN WITH ½ TURN RIGHT

- 1            Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal  
&            Jump feet together hitching/raising left knee  
2            Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal  
&            Jump feet together hitching/raising right knee  
3            Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal  
&            Jump feet together hitching/raising left knee  
4            Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal  
&            Jump feet together turning ½ turn on the spot over right shoulder  
5            Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal  
&            Jump feet together hitching/raising right knee  
6            Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal  
&            Jump feet together hitching/raising left knee  
7            Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal  
&            Jump feet together hitching/raising right knee  
8            Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal

& Jump feet together

**CLICK AT HEAD LEVEL, CLICK TO SIDES, LOCK BEHIND, UNWIND, SWITCHES**

- 1-2 Click fingers at head level, click fingers out to sides: arms are parallel to ground
- 3-4 Lock-step right behind left, unwind a full turn over left shoulder
- 5& Point right to right side, step right beside left
- 6& Touch left heel forward, step left beside right
- 7 Flick right leg out and behind left leg in a circular motion going to the right
- &8 Step right back slightly, touch left toe forward (weight on right)

**KICK BALL POINTS, RONDE TURN TURNING ½**

- 1&2 Kick left forward, step left beside right, point right toe to right side
- 3&4 Kick right forward, step right beside left, point left to left side
- 5-6 Touch left toe forward, sweep left toe around lock-stepping left behind right
- 7-8 Unwind ½ turn over left shoulder

**2 SHUFFLES FORWARD, FULL TURN, ¼ PIVOT TURN SHARPLY**

- 1&2 Step right forward, step left beside right, step right forward
- 3&4 Step left forward, step right beside left, step left forward
- 5-6 Stepping right, left: turn ½ turn left each time on balls of both feet
- 7-8 Step right forward, pivot a ¼ turn left

**REPEAT**

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