

Trilogy

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Advanced
編舞者: Rob "I" Ingenthron (USA), Ginger Pickerel (USA) & Tom Mickers (NL)
音樂: Faded - Soul Decision



The name reflects the nature of the dance. it has three different parts. Part A is a lot of Shag-like footwork (thanks to Ginger mostly). Part B is just a bunch of funky stuff (I did most of this part with Tom's help). Part C is funky hip-hop (this is all Tom Mickers). Also, you can do the C part as a line dance by itself!! The dance was difficult to write up because it's very hard to describe the actions of some parts succinctly. There is a video (ING003) available through Paradigm Digital (www.paradigmdigital.com or 800-761-8128 or 303-752-9000) which has "Trilogy" and includes some other dances as well. Questions? Contact me at rob@dancegeek.com or check out my web site at <http://www.dancegeek.com>

SECTION A

SHAG FOOTWORK: KICK AND KICK AND CROSS-AND-STEP

- 1& Low kick with right foot across left (at 45 degree angle), step on right next to left
- 2& Low kick with left foot across right (at 45 degree angle), step on left next to right
- 3&4 Step with right foot across left, weight-change to left (in place), step with right foot next to left

SHAG FOOTWORK: KICK AND KICK AND HOOK-AND-KICK

- 5& Low kick with left foot across right (at 45 degree angle), step on left next to right
- 6& Low kick with right foot across left (at 45 degree angle), step on right next to left
- 7 Bring the left foot to the right ankle so the left knee is across the right (pointing to the right side, like a passé position)
- & (Leaving the left foot at the right ankle) "open the knee" so that the left knee is pointing to the left
- 8 (Leaving the left foot at the right ankle) bring the knee back around to the right, but kick the left foot across the right leg so that the left foot is pointing to the right side (keeping it low)

SKATE SWIVELS: SKATE, SKATE, SKATE AND PULSE (BODY STILL FACES FORWARD)

- &1 Step down on the left foot (which is already pointing to the right), step to the right on the right foot (body is still facing forward)
- 2 Swiveling on right, step to the left on the left foot (skating style, but with a little pulse)
- 3 Swiveling on left, step to the right on the right foot (skating style, but with a little pulse)
- 4 Staying the same direction and on the same foot, just pulse on the right

SHAG TWIST: STEP TOUCH STEP, TWIST UP, TWIST DOWN

- 5 Small step forward (still facing the starting line of dance) with the left foot
- &6 Touch the right toe in front of the left, then quickly step with the right foot behind the left so that the right foot is on the left side of the left
- 7-8 With feet staying in the same spot, twist the feet to the left while twisting the lower-half of the body to the left (raising body and arms up, the feet will twist to the left a little), then twist back to the front wall

KICK AND VINE: KICK AND SYNCOPATED VINE AND KICK

- 1 Low kick the right foot forward
- &2 Step right foot next to left (step back a little), step with left foot across right to the right side
- &3 Step to the right with the right foot, step with left foot crossing behind right to the right
- & Step to the right on the right foot (starting to face to the left wall)
- 4 Low kick with the left foot leaning back to make a straight line with the body from the foot to the neck (like "keep on truckin'!")

Now facing ¼ turn left from start of dance

SHAG WALK: WALKS WITH KICK-KICK

- &5-6-7 Step left, walk forward right, walk forward left, walk forward right
& While pivoting $\frac{1}{2}$ turn to the right switching weight to the left foot, low kick the right forward (so the kick is in the direction you just came from, which is $\frac{1}{4}$ turn to right from start of dance)
8 (Switching feet like a hop) switch weight to right while doing a low kick the left forward
These two kicks are on the &8 so they should appear fairly quick.

KICK BACK AND SKIP

- &1 Step left next to right foot, point the right toe back (Far. Make a nice line)
&2 Bring the right foot up a bit to briefly weight it, small step forward on left

JAZZ-STYLE HEEL AROUNDS, CHUG-AND-TURN

- 3-4 (Weight is already on left) bring right foot to left ankle (behind) and with right knee sweeping around (so that it is "open") stepping across the left
5-6 (Weight is already on right) bring left foot to right ankle (behind) and with left knee sweeping around (so that it is "open") stepping across the right
7&8 Prep with right - do a small "chug" to the right, weight back to left starting full turn to left, finish the full turn facing the start of dance with the feet together

SECTION B

ARMS, AROUND HEAD, LOOK AND STARTLED

- 1 Looking to the right, right arm out to right and left arm across chest to right
2 Looking to the left, left arm out to left and right arm across chest to left
3 While keeping head looking right and left arm out to left, start moving right hand around head (start by passing hand in front of face and around the back of the head). As you go around the head and the right hand is passing the left side of the chin, move the head to the right as though you are pulling it with your hand keeping the hand going out to the right with the palm facing away.

Sorry, but this is hard to describe without seeing it, and it takes a little practice for coordination.

- 4 Turn the palm of the right hand toward your face (like you are looking in a mirror) and look startled. (it actually hits the music - this is kinda funny!)

HOOKING TRIPLE, HOOKING TRIPLE

- 5&6 Step left foot behind right, small step to right side on right, step left foot to left side
7&8 Step right foot behind left, small step to left side on left, step right foot to right side

TURN AND FUNKY WALKS

- &1-2-3-4 Turn $\frac{1}{2}$ turn to left (pivoting on right foot), step left forward, step right forward, step left forward, step right forward

That these are a funky style of walk, and at the same time, you are pumping your right arm in the air.

HIP THRUST, HIP THRUST, HIP, TURN, TURN

- &5 $\frac{1}{4}$ Turn to left (pivoting on right), small hip thrust forward
&6 $\frac{1}{4}$ Turn to right (pivoting on right), small hip thrust forward
&7-8 $\frac{1}{4}$ Turn to right (pivoting on right), small hip thrust forward, small hip thrust forward

Variation:

- &7&8 $\frac{1}{4}$ Turn to right (pivoting on right), small hip thrust forward, $\frac{1}{4}$ turn to left (pivoting on right), $\frac{1}{2}$ turn to left ending with feet together (facing start of dance)

BREAK FORWARD LEFT, BACK, BREAK FORWARD RIGHT, BACK

- 1&2 (Projecting the chest forward) step forward left foot (right foot stays back), step back (almost in place) on right foot, step left next to right foot
3&4 (Projecting the chest forward) step forward right foot (left foot stays back), step back (almost in place) on left foot, step right foot next to left

SAMBA-LIKE ROLL FULL TURN TO LEFT

5&6&7&8 Full turn to left, samba roll-style with a *little* bounce to go with the music

STEP SLIDE, STEP SLIDE

- 1-2 Medium-sized step forward on right foot (at 45 degree angle to right), step left together (right stay weighted)
- 3-4 Medium-sized step forward on left foot (at 45 degree angle to left), step right together (left stays weighted)

STEP SLIDE (WITH STYLE), STEP SLIDE (WITH STYLE)

- 5-6 Big-sized step forward on right foot (at 45 degree angle to right) and use big arms out to sides, step left together (right stays weighted)
- 7-8 Big-sized step forward on left foot (at 45 degree angle to left), and use big arms out to sides, step right together

You can weight it now if you want - you'll start with the left later

SECTION C

KICK AND KICK AND SLIDE AND STEP TOGETHER

- 1& At an angle to the left (maybe 1/8 turn) kick with the right foot (small kick forward in at about 1/8 turn to the left), step right next to left
- 2& In the same direction small kick forward with the left foot, step left foot across the right foot
- 3-4 Step back at an angle (to the right, opposite of the forward angle) on the right foot sliding the left foot up to and next to the right foot (weighting by count 4)

PUMP PUMP KICK, HOLD, AND HEEL AND TOGETHER

- 5 Stomping down with the right foot (with the ball of the foot) in place while punching the right arm and shoulder down and lifting the left shoulder (to exaggerate the movement)
- & Stomping down with the left foot (with the ball of the foot) in place while punching the left arm and shoulder down and lifting the right shoulder
- 6 Step left foot in place next to right while pumping the right heel forward and toward the floor with a straight leg (so the foot is pointing up so it's perpendicular to the leg and the heel is forward enough so that the heel doesn't hit the floor)
- &7&8 Small step back at 45 degree angle to right on right foot, touch the left heel forward at a 45 degree angle to the left, step down on left foot, touch right toe next to left foot

KICK-AND-POINT (WITH ELBOW), THE WINDMILL MOVE, SAMBA-LIKE ROLL (WITH ARMS)

- 1&2 Small kick forward with right foot in front of left, step right foot across left, point left toe to left side (straight leg)

While doing the toe point, bring the left arm in front of you and when doing the point on count 2, point the left elbow to the left side with left hand in front of your chest so that the left arm is parallel to the ground, and just "push" the right hand in the same direction. This is like that old 80s dance move called the "Robocop"

- 3 Bring the left leg behind the right pointing the left toe to the right side making a nice lunge line
- Arms: the left arm will go down following the left leg with the left palm facing down and the right arm will go up with the right palm facing up. Imagine turning a giant door knob or steering wheel. The arm movement should be circular. This is, by far, the most difficult section to describe but is very easy to do once you've seen it.**

- 4 Point the left toe to the left side

Arms: while moving the left toe to the side, the left arm follows the left legs movement but in a circular motion going from the "bottom" to the "top" so the left palm is facing up and the right arm moves in a circular fashion from the "top" to the "bottom" so that the right palm is facing down.

- 5 Repeat step 3

- 6&7&8 While keeping the arms generally in front of you, imitate a samba-like roll (a full turn in place) to the left, with a little lilt to match the beat of the music - you would now be facing forward again

This is a hip-hop-like movement

KICK AND POINT, PUMP DOWN, PUMP DOWN

- 1&2 Small right foot kick forward, step right foot down next to left, point the left toe to the left side and face the body a little to the right keeping the arms next to your sides and push the chest forward a little
- &3 Step left foot next to the right, while turning almost $\frac{1}{4}$ turn to the left and pointing the right toe to the right, push both hands down

Like you are pushing something down - you should be making a straight line from your right toe to your shoulders while your chest is toward the floor

- &4 Pulse up with your body and hands, push the hands down again (while moving your body down slightly)

This is supposed to be hip-hop-like, so make it funky!

SYNCOPATED CROSS STEPS (WITH FUNKY HAND MOVEMENT)

- &5-6 Step (small) step to right on right foot (dipping down a little for style - bend the knees), step left foot across the right (to the right side), smaller step right foot to the right side
- &7-8 Step (small) step to left on left foot (dipping down a little for style - bend the knees), step right foot across the left (to the left side), smaller step left foot to the left side

The arm/hand styling is simple to do but difficult to describe in words. With both palms facing up toward you (holding your arms about waist level) and keeping the fingers together, place either the left-hand fingers or the right-hand fingers on top of the other fingers. (the fingers of one hand are on top of the fingers of the other hand, with both palms facing up.) With that, make a circular motion with the hands so they come up near you and down away from you. That's the best I can do to describe this simple move. It makes the whole movement "cooler"!

FUNKY WALK, SCUFF HITCH DROP, UP, UP

Relative to the starting line of dance, these next four counts move you to the left in a straight line.

- 1 (Weight is on the left still) while standing up again, step with the right foot behind the left making a $\frac{1}{4}$ turn to the right (but traveling to the left, relative to the start of the dance)
- 2 $\frac{1}{4}$ Step to the left on the left foot (you are now facing starting wall of dance)
- 3 While pivoting $\frac{1}{2}$ turn on the left, step with the right foot to what is now your right (you are still traveling the same direction, which is to the left of the starting wall of the dance)
- 4 $\frac{1}{4}$ Turn to the right, stepping back on the left foot (you are now facing $\frac{1}{4}$ turn to the right relative to the start of the dance)

This section is hard to describe the style for. Just walk funky! It's hip-hop

- 5&6 Step forward onto right foot (which was already pointing forward), brush the left forward while hopping up with both feet, drop down onto both feet bending knees a lot and put your hands on the upper part of your thighs
- 7 Coming up halfway, $\frac{1}{4}$ turn to the left with both feet together
- 8 Coming up the rest of the way, $\frac{1}{2}$ turn to the left with both feet together

Important!! Some step sheets were distributed that were missing counts 5-8 in the second-to-last 8 counts of Section C. Look out for those!!!
