

Turn On To Country

COPPER **KNOB**
BY STEPHEN METELNICK

拍數: 0 牆數: 1 級數:
編舞者: Peter Metelnick (UK)
音樂: I'm from the Country - Tracy Byrd



Sequence: ABCD, ABCD, AB, C(1-40), E, D, A

This routine is a combination of 4 of the choreographer's dances (All Night Long, Turn Me Loose, T-Bone Shuffle & Close to Crazy) and was featured on TNN's Club Dance.

PART A (ALL NIGHT LONG)

Facing front wall

FORWARD SHUFFLE, ½ RIGHT, FORWARD SHUFFLE, ½ LEFT

1&2 Step right foot forward, step left foot together, step right foot forward
3-4 Step left foot forward, ½ right pivot turn (weight ends on right foot)
5&6 Step left foot forward, step right foot together, step left foot forward
7-8 Step right foot forward, ½ left pivot turn (weight ends on left foot)

FORWARD SHUFFLE, LEFT FRONT & SIDE TOUCHES, FORWARD SHUFFLE, RIGHT FRONT & SIDE TOUCHES

1&2 Step right foot forward, step left foot together, step right foot forward
3-4 Touch left toes forward, touch left toes to the left side
5&6 Step left foot forward, step right foot together, step left foot forward
7-8 Touch right toes forward, touch right toes to the right side

SAILOR SHUFFLES BACK, RIGHT KICK BALL CHANGE TWICE

1&2 Cross step right foot behind left, step left foot to left side, step right foot in place
3&4 Cross step left foot behind right, step right foot to right side, step left foot in place
5&6 Kick right foot forward, step on ball of right foot, step left foot together
7&8 Kick right foot forward, step on ball of right foot, step left foot together

VINE RIGHT & CLAP, VINE LEFT WITH ¼ LEFT & CLAP

1-4 Step right foot to right side, cross left foot behind right and step, step right foot to right side, touch left foot together & clap
5-8 Step left foot to left side, cross right foot behind left and step, step left foot to left side turning ¼ left, touch right foot together & clap (option-spin left turning 1¼ left)

SIDE SHUFFLE RIGHT, ROCK LEFT BACK, RIGHT RECOVER, SIDE SHUFFLE LEFT, ROCK RIGHT BACK, LEFT RECOVER

1&2 Step right foot to right side, step left foot together, step right foot to right side
3-4 Step left foot back and rock back, step on right foot & recover
5&6 Step left foot to left side, step right foot together, step left foot to left side
7-8 Step right foot back and rock back, step on left foot & recover

STOMP RIGHT, HOLD, 4 FINGER SNAPS

1-4 Stomp right foot slightly forward, hold for 3 counts
5-8 Turn head to right side (you will be looking forward), & nap fingers on left hand 4 times (shift weight to left foot) (option-tap right heel down 4 times as you snap your fingers)

PART B (TURN ME LOOSE)

Will be facing left side wall to start

CROSS KICK AND STEP, CROSS & UNWIND ½ LEFT

1&2& Kick right foot across left leg, step right foot together, kick left foot across right leg, step left foot together

3-4 Cross right foot over left and step, unwind ½ left with weight ending on right foot & clap

LEFT SIDE SHUFFLE, RIGHT BACK & LEFT HEEL FORWARD, LEFT BACK, RIGHT CROSS OVER

1&2 Step left foot to left side, step right foot together, step left foot to left side

&3 Step right foot back, touch left heel forward (weight is on right foot)

&4 Step left foot back, cross right foot over left and step (weight is on right foot)

Optional styling: (&3) pull right arm back bending right elbow at upper chest level & extend left arm forward (both hands make a fist), (&4) bring both arms in towards middle of chest, hands still fisted

¼ LEFT & SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, FORWARD RIGHT, LEFT, MODIFIED RUNNING MAN

1&2 Turn ¼ left and step left foot forward, step right foot together, step left foot forward

3-4 Step right foot forward, pivot ½ left

5-6 Stomp right foot forward, stomp left foot forward

&7 Hitch right knee up and slide left foot back, step right foot slightly forward

&8 Hitch left knee up and slide right foot back, step left foot slightly forward

For the turn on count 1, some dancers have difficulty with this turn. To make it easier, on the PREVIOUS count of 8, (when you cross right foot over left) TURN ¼ left, so that you will start this count of 8 already turned & ready to shuffle forward.

RIGHT & LEFT CROSS ROCK & STEP TOGETHER, FEET APART & TOGETHER, RIGHT KICK BALL CHANGE

1&2 Cross right foot over left and rock forward, recover weight on left foot, step right foot together

3&4 Cross left foot over right and rock forward, recover weight on right foot, step left foot together

&5 Moving slightly backward step right foot to right side, step left foot to left side

&6 Step right foot in, step left foot together

7&8 Kick right foot forward, step back on ball of right foot, step left foot together

Aerobic workout! Hi NRG option on counts &5-&6: (5-6) jumping jack; jump feet apart, jump feet together with weight ending on left foot. Most effective when dancing to The Jock Jam!

RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT HEEL ROCK & RECOVER, RIGHT COASTER STEP, LEFT FORWARD, ½ RIGHT PIVOT TURN

1-4 Step right foot forward, pivot ½ left, step right heel forward and rock forward, recover weight on left foot

5&6 Step right foot back, step left foot together, step right foot forward

7-8 Step left foot forward, pivot ½ right (weight ends on right foot)

LEFT HEEL ROCK & RECOVER, LEFT COASTER STEP, RIGHT FORWARD SHUFFLE, FORWARD SPIN (FULL TURN RIGHT)

1-2 Step left heel forward and rock forward, recover weight on right foot

3&4 Step left foot back, step right foot together, step left foot forward

5&6 Step right foot forward, step left foot together, step right foot forward

7-8 Step left foot forward turning ½ right, complete full turn right by stepping on right foot & turning ½ right

No spin option.-just walk forward left, right

MEXICAN HAT DANCE, LEFT SHUFFLE BACK, RIGHT BACK TURNING ½ RIGHT, LEFT TOGETHER

1&2& Touch left heel forward, step left foot together, touch right heel forward, step right foot together

3-4 Touch left heel forward twice (weight is on right foot)

5&6 Step left foot back, step right foot together, step left foot back

7-8 Step right foot back turning ½ right, step left foot together

Variation: try these steps below as a funky alternative for the last 8 counts. This is the version of the dance that most dancers end up doing! This is the version that the Out of Line Dancers used on Club Dance

1&2& Touch left heel forward, step left foot together, touch right heel forward, step right foot together

- 3&4 Touch left heel forward, step left foot together, touch right heel forward
 & Hitch right knee up & hop back on left foot
 5 Step right foot back
 & Hitch left knee up & hop back on right foot
 6 Step left foot back
 & Hitch right knee up & hop back on left foot turning ½ right
 7 Step right foot forward
 & Hitch left knee up & hop back on right foot
 8 Step left foot back
You will now be facing forward

PART C (T-BONE SHUFFLE)

Start facing front wall

RIGHT FORWARD, LEFT JACKIE GLEASON, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN

- 1-4 Step right foot forward, brush left foot forward, brush left foot back and across right leg, brush left foot forward on a left diagonal
 5&6 Step left foot forward, step right foot together, step left foot forward
 7-8 Step right foot forward, pivot ½ left (weight ends on left foot)

RIGHT FORWARD, LEFT JACKIE GLEASON, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN

- 1-4 Step right foot forward, brush left foot forward, brush left foot back and across right leg, brush left foot forward on a left diagonal
 5&6 Step left foot forward, step right foot together, step left foot forward
 7-8 Step right foot forward, pivot ½ left (weight ends on left foot)

CROSS ROCK & RECOVER, ½ RIGHT & SHUFFLE, LEFT ROCK & RECOVER, LEFT COASTER STEP

- 1-2 Cross right foot over left foot and rock forward, rock back and recover weight on left foot
 3&4 Turning ½ right step right foot forward, step left foot together, step right foot forward
 5-6 Step left foot forward and rock forward, recover weight on right foot
 7&8 Step left foot back, step right foot together, step left foot forward

For the adventurous or those who love to spin: try doing a 1 ½ turn to the right on the shuffle in counts 3&4. Too much fun!

CROSS ROCK & RECOVER, ¾ RIGHT & SHUFFLE, LEFT ROCK & RECOVER, LEFT SHUFFLE IN PLACE

- 1-2 Cross right foot over left foot and rock forward, rock back and recover weight on left foot
 3&4 Turning ¾ right step right foot forward, step left foot together, step right foot forward
 5-6 Step left foot forward and rock forward, recover weight on right foot
 7&8 Step left foot together, step right foot together, step left foot together

You can replace the shuffle with a left coaster step

RIGHT SIDE SHUFFLE, ½ RIGHT SIDE PIVOT, HOLD & CLAP, ½ RIGHT SIDE PIVOT, HOLD & CLAP, LEFT SIDE SHUFFLE

- 1&2 Step right foot to right side, step left foot together, step right foot to right side
 3-4 Pivot ½ right on right foot while stepping left foot to left side, hold & clap
 5-6 Pivot ½ right on left foot while stepping right foot to right side, hold & clap
 7&8 Step left foot to left side, step right foot together, step left foot to left side

On counts 1-6 you will travel right doing these steps. On counts 7&8 you will move left.

¼ LEFT & SHUFFLE, RIGHT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, ¼ LEFT PIVOT TURN

- 1&2 Turn ¼ left and step right foot forward, step left foot together, step right foot forward
 3&4 Step left foot forward, step right foot together, step left foot forward

- 5-6 Step right foot forward, pivot ½ left & clap
7-8 Step right foot forward, pivot ¼ left & clap (weight ends on left foot)

You will end facing right side wall

PART D (CLOSE TO CRAZY)

Modified 1 wall version

Start facing right side wall

VINE RIGHT 2, CRISS CROSS, VINE LEFT 2, LEFT & RIGHT APART, LEFT HITCH ACROSS

- 1-2 Step right foot to right side, cross step left foot behind right
&3 Step right foot to right side, cross touch left foot over right
&4 Step left foot to left side, cross step right foot over left
5-6 Step left foot to left side, cross step right foot behind left
&7-8 Step left foot to left side, step right foot to right side, hitch left knee across right leg

¼ RIGHT, RIGHT HEEL FORWARD, RIGHT BACK & LEFT FORWARD, "INCHING FORWARD", RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, ¼ LEFT PIVOT TURN

- &1 Step left foot to left side turning ¼ right, touch right heel forward (or kick right foot forward)
&2 Step right slightly back & lift left foot, step left foot forward
&3&4 Step right foot behind left foot & bend knee of left leg forward, step left foot forward, step right foot behind left foot & bend knee of left leg forward, step left foot forward
5-6 Step right foot forward, pivot ½ turn left
7-8 Step right foot forward, pivot ¼ turn left (weight ends on left foot)

VINE RIGHT 2, CRISS CROSS, VINE LEFT 2, LEFT & RIGHT APART, LEFT HITCH ACROSS

- 1-2 Step right foot to right side, cross step left foot behind right
&3 Step right foot to right side, cross touch left foot over right
&4 Step left foot to left side, cross step right foot over left
5-6 Step left foot to left side, cross step right foot behind left
&7-8 Step left foot to left side, step right foot to right side, hitch left knee up across right leg

¼ RIGHT, RIGHT HEEL FORWARD, RIGHT BACK & LEFT FORWARD, "INCHING FORWARD", RIGHT FORWARD, ½ LEFT PIVOT TURN TWICE

- &1 Step left foot to left side turning ¼ right, touch right heel forward (or kick right foot forward)
&2 Step right slightly back & lift left foot, step left foot forward
&3&4 Step right foot behind left foot & bend knee of left leg forward, step left foot forward, step right foot behind left foot & bend knee of left leg forward, step left foot forward
5-6 Step right foot forward, pivot ½ turn left
7-8 Step right foot forward, pivot ½ turn left (weight ends on left foot)

RIGHT & LEFT HITCH-HOP-STEPS BACK, APART, HOLD & CLAP-REPEAT TWICE

- &1 Hitch right knee up while hopping slightly back on left foot, step right foot back
&2 Hitch left knee up while hopping slightly back on right foot, step left foot back
&3&4 Step right foot apart, step left foot apart, clap hands twice (option-step right, left together while clapping)
&5 Hitch right knee up while hopping slightly back on left foot, step right foot back
&6 Hitch left knee up while hopping slightly back on right foot, step left foot back
&7&8 Step right foot apart, step left foot apart, clap hands twice (option-step right, left together while clapping)

RIGHT FORWARD SHUFFLE, LEFT FORWARD & SLAP, RIGHT FORWARD SHUFFLE, LEFT FORWARD & SLAP

- 1&2 Step right foot forward, step left foot together, step right foot forward
3-4 Step left foot forward, raise right leg behind left and slap right foot with left hand
5&6 Step right foot forward, step left foot together, step right foot forward
7-8 Step left foot forward, raise right leg behind left and slap right foot with left hand

You will end facing front wall

PART E

Bonus 16-to be danced only once, 3rd time through after the first 40 counts of T-Bone Shuffle. Upon completion of this section you will be facing right side wall & will start Close to Crazy. Keep dancing until the music fades.

¼ LEFT & STOMP, POINT & HOLLER, LEFT FORWARD & STOMP, POINT & HOLLER

- 1-4 Turn ¼ left and stomp right foot forward & point right thumb towards yourself, hold for 2, shout out "whoa" (you should be facing forward)
- 5-8 Stomp left foot forward and point left thumb toward yourself, hold for 2, shout out "lordy"

TOUCH RIGHT TOES FORWARD & RAISE YOUR HANDS IN THE AIR, ¾ RIGHT PADDLE TURN

- 1-4 Touch right toes forward and raise hand above your head & out towards the right & left diagonals, hold for 3
- &5 Bring left arm down and raise right knee up as you start to pivot left on left foot, touch right toes to right side
- &6 Raise right knee up as you continue to pivot left on left foot, touch right toes to right side
- &7&8 Repeat &6 twice ending facing right side wall (you will have done a ¾ right paddle turn)

Optional hand movements for &5-8: Wag your right finger 4X
