

Urban Style Complete

COPPER **KNOB**
STYLESHEETS

拍數: 112 牆數: 4 級數: Intermediate/Advanced
編舞者: Kash Bane (UK)
音樂: The Call - Backstreet Boys



The complete dance, however, you can arrange the three pieces in any way you choose

KICK ROCKS TWICE, SCUFF WITH DOLLY STOMP, CROSS AND UNWIND

- 1&2& Kick right foot forward, step down onto right foot, rock left foot behind right foot, recover onto right foot
- 3&4& Kick left foot forward, step down onto left foot, rock right foot behind left, recover onto left
- You can replace the kick rocks with hell jacks for a slightly harder alternative**
- 5&6 Scuff right foot at left, arch out to right side, putting full weight onto right foot make a power stomp to right side by lowering from arch movement
- 7-8 Cross right over left and fully unwind over left shoulder

KICK OUT-OUT, BODY ROLL WITH SQUAT, RISING KICK BALL HEEL, ½ PIVOT TURN, STEP

- 1&2 Kick right foot forward, step right foot to right side, step left foot to left side
- 3&4 Body roll down starting at shoulders, when you reach your hips fall down into a squat as if you are sitting on your heels
- You can just do a normal body roll over the two counts and alter the next step to a normal kick ball heel**
- 5&6 While rising, kick right foot forward, step right down, dig left heel forward
- 7-8 Pivot a ½ turn over right shoulder keeping weight on left heel, step forward on right

ROCK AND KICK, COASTER STEP, STOMPS WITH ARCH SWINGS

- 1&2 Rock left foot forward, recover onto right foot, hop back onto left foot kicking right foot forward
- 3&4 Step right foot back, step left foot next to right, step right foot forward
- 5-6 Stomp left foot to left side while making a semi circle with right arm from left shoulder out to right side
- 7-8 Stomp right foot to right side while making a semi circle with left arm from right shoulder to left side

CROSS, ¾ UNWIND, ¼ TURN, ½ TURN SQUAT, ¾ TURN, HOLD, HIP BUMPS

- 1-2 Cross right foot over left and unwind ¾ over left shoulder
- 3-4 Make a ¼ turn by stepping right foot to right side, make a ½ turn stepping left to left side and squatting down into in
- 5&6 Rising up from squat make a ½ turn stepping right to right side, make a further ¼ turn stepping left to left side, hold

Instead of the hold, you can substitute it by slapping both hands on left hip

- 7&8 Bump hips to left, then to the right, then to the left

ARM SWEEPS, POSE, FLOOR TOUCH, KICK, HOOK, ¾ SPIRAL, POINT AND CLAP

- 1-2 Step to right on right foot and bending knees sweep your right arm from left side out to right side, sweep right arm back to left hand side
- 3 Do a ¼ turn left on ball of left foot and hitch right knee (place left hand at waist in a claw like fashion, and place right hand at face height also in claw motion as if posing like a tiger)
- 4 Step down on right and bend knees so you can touch your right hand on the floor to right side and left hand on the floor to left side
- 5-6 Standing, kick left foot forward, hook left foot at right knee
- 7 Step down on left foot and make a ¾ turn over left shoulder on ball of left while swinging right hand over head like a lasso and hitching right knee
- 8 Point right toe to right side and clap hands at left knee

SLIDE, STEP, CROSS, STEP, CROSS HITCH WITH ARMS, BOUNCE, OPEN HITCH WITH ARMS, CROSS, ¾ POINT WITH HAND POINT

- 1-2 Take a large step to right on right foot, slide left foot towards right
- &3-4 Step left foot next to right, cross right over left, step left to left side
- 5&6 Hitch right knee across left (place hands behind head and bring elbows in towards face, bounce on left foot slightly, open up the hitch by pushing knee to left side and open up elbows so they point out to each side)
- 7&8 Cross right foot over left, unwind ¾ over left shoulder, point left toe to left side and point right hand down as if pointing at left knee

STEP, CROSS WITH ROLL-UPS, CHEST POP, STEP WITH CROSS SWINGS, ¼ SWEEP, KICK OUT OUT

- &1&2 Step down on left foot, cross right foot over left while rolling arms up so fists are beside the head with hands closed and wrists facing outward, push chest inward, pop out
- 3-4 Step left foot to left side, and swing arms so left crosses over right at waist level, throw arms down at sides
- 5&6 Reach right arm to right side, swing arm round making a ¼ turn right, hand finishes in front of body
- 7&8 Kick right foot out, step right foot to right side, step left foot to left side

LEAN WITH ARMS, WRAP DOWN, ELVIS ROLLS WITH ¼ FLICK, RONDE CROSS, STEP, ¼ TURN WITH SHOULDER SHRUGS

- 1 Lean upper body back and push both hands up towards ceiling
- 2 Straightening body, pull arms down and behind head
- 3&4 Roll right knee in towards left leg, roll left knee in towards right leg, do a ¼ turn left and flick right leg backwards, (release hands from behind head at count 4)
- 5&6 Ronde right foot from the flick round and cross over left, step to left on left foot
- 7&8 Do a ¼ turn left on balls of both feet by shrugging shoulder three times

½ TURN, ¾ TURN, SKATES, STEPS WITH ARMS

- 1-2 Get low and swing body down and round making a semi circle motion, as you do this make a ½ turn over right shoulder on balls of both feet
- 3-4 Cross right over left, unwind ¾
- 5-6 Skate forward on right, then left
- 7-8 Step forward on right and roll arms in front of body, hop onto left foot and holding left arm in front of waist, punch right arm behind it so the left is crossed in front of right

KNEE POP WITH ARMS, ELBOW TURN, UPPER BODY ROLL, GRAB, THROW DOWN, ¼ TWIST TURN

- 1 Pop both knees out and place both arms in front of body with palms facing outwards
- 2 On ball of left foot make a ¼ turn right and swing right elbow to right side, (right foot will be pointed at front)
- 3-4 Body roll down body from shoulders to upper thighs
- 5 Reach right arm up to left corner as if grabbing something
- 6 Make a ¼ turn left on balls of feet and squat down throwing arm to floor as if you dragged the object down
- 7&8 As you rise, twist upper body left, right left making a ¼ turn left

Close fists and bend elbows so your knuckles join in front of body

RUNNING MAN, STEP, SCUFF, DOUBLE TAP, ½ TURNING SWIVELS

- 1& Jump feet apart, right at forward right diagonal and left at back left diagonal, jump right foot to center and hitch left knee at right leg
- 2& Jump feet apart, left at left forward diagonal and right at back right diagonal, jump left to center and hitch right knee at left leg
- 3&4 Jump feet apart, right at forward right diagonal and left at back left diagonal, jump both feet to center, jump feet apart, right at forward right diagonal and left at back left diagonal
- &5 Step left foot to center, scuff right foot at left
- &6 Tap right foot slightly back, tap right foot further back

7&8 Make a ½ turn over right shoulder swiveling feet left, right, left

ROCK STEP, JUMP SPLIT, ½ TURN HITCH, STEP, CROSS, UNWIND, HITCH, SQUAT

1&2 Rock left foot behind right, recover onto right, step left next to right
3-4 Jump both feet shoulder width apart, do a half turn on ball of left foot, hitching right knee
&5-6 Step down on right, cross left over right, unwind a ½ turn over right shoulder
7-8 Hitch right knee, squat down (as if sitting on heels), resting hands on knees for support

OUT CROSS OUT, ¼ HITCH TURNS, FULL TURN, CROSS, STEP, SCUFF

1&2 Jump both feet shoulder width apart, jump crossing right over left, jump both feet shoulder width apart
3-4 Make a 1/8 turn left hitching right knee, make a 1/8 turn left hitching right knee
5-6 Do a full turn stepping right back then left forward (for a harder version add a ronde on the last half turn)
7&8 Cross right foot over left, step left to left side, scuff right foot at left

PRESS, PUSH, RIGHT SAILOR, ¼ TURN TAP, KICK, COASTER STEP

1-2 Press right foot to right side (put weight onto right leg and lean into it), push off of right leg making a small kick to right side
3&4 Cross right foot behind left, step left foot to left side, step right foot to right side
5-6 Do a ¼ turn left tapping right foot at left foot, kick left foot forward and hop back slightly on right foot
7&8 Step left foot back, close right foot to left, step left foot forward

REPEAT
