

Wetland Dalliances

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Wei Chih
音樂: It's Raining Men - Donna Summer



Sequence: A, Bridge, B, Bridge, B, Bridge, A, TAG, A, A(1-32), TAG, BBB

PART A

RAIN WATER RISING AND GUSHING FORWARD MOVEMENTS

- 1&2& (Body facing 9:00 face looking to 12:00) with weight on left - pelvis swings forth, pelvis swings back, small step right to right side pelvis swings forth, pelvis swings back
- 3&4& Step left across right doing the same pelvic movements
- 5&6& Make a ½ turn right with right leg across left do the pelvic movements
- 7&8 Mirror 1&2 above

SHUFFLE RIGHT, CROSS, SIDE, 1½ HIP ROLL WITH ¼ TURN LEFT, HITCH

- 1&2 Make a ¼ turn left on left leg - shuffle to the right
- 3-4 Step left across right, step right to right side
- 5-6 Make a full hip roll in to the left movements
- 7-8 Continue for another ½ hip roll, flow into ¼ turn left with hitch on the left leg

SHUFFLE FORWARD, FULL TURN LEFT, PIVOT ½, STEP, TURN

- 1&2 Step left forward, step right beside left, step left forward
- 3-4 Make a ½ turn left stepping right backward, make a ½ turn left stepping left forward
- 5-6 Step right forward, pivot ½ turn left stepping on left
- 7-8 Step right forward, make a ¼ turn right stepping left to left side

CROSS JUMP, RETURN, POP KNEE, UN-POP, ¼ TURN LEFT, DRAG TOE, TOUCH, HOLD

- 1-2 Jump crossing left leg over right and right behind left, jump back to original position
- 3-4 Pop right knee in (look to the left), un-pop right knee back (look front)
- 5-8 Make a ¼ turn left on left (5), drag right toe towards left and beside left in 2 counts (6-7), hold (8)

CROSS, POINT, BEHIND, POINT, MONTEREY ½, STEP, POINT, CROSS, POINT

- 1-2 Step right across left, point left to left side
- 3-4 Step left behind right, point right to right side
- 5-6 Make a ½ turn right stepping right beside left, point left to left side
- 7-8 Step left across right, point right to right side

CHANGING WEIGHT BUMP RIGHT-LEFT

- 1-4 Transferring weight from left to right in 3 counts hip bumps right 3 times on 3 count, bump on the 4th count with the lifting of left leg (straightened leg)
- 5-8 Mirror the 4 count above

ACROSS, UNWIND ¾ TURN LEFT, FORWARD, SIDE, PULL ROPE MOVEMENTS

- 1-2 Step right across left, unwind ¾ turn left
- 3-4 Step right diagonal forward, step left to left side
- 5&6 Arching body to the right - taking weight on right foot, switch right leg with the left leg - body bends to left now, point right on right (action of both hands pull a rope from the left towards self)
- 7&8 Repeat 5&6

RIGHT SAILOR, ½ TURN LEFT SAILOR, PIVOT ½, PIVOT ½

- 1&2 Step right behind left, step left to left side, step right in-place
3&4 Make a ½ turn left step left behind right, step right to right side step left in-place
5-6 Step right forward, pivot ½ turn left with weight on left
7-8 Repeat 5-6

BRIDGE**POINT, 3-COUNT INDIVIDUAL EXPRESSION**

- 1 Point right toe to right side
2-4 Individual expression on the "raining men" pose

PART B**STEP, TURN-FLICK, TURN-CROSS, POINT, RIGHT SAILOR FORWARD, PIVOT ½ TURN RIGHT**

- 1-2 Step right forward, make a ¼ turn right flicking left leg in figure of "4" shape
3-4 Make a ¼ turn left stepping left across right, point right to right side
5&6 Step right behind left, step left to left side, step right forward
7-8 Step left forward, pivot ½ turn right stepping on right

FORWARD, HITCH, LOWER BODY, RAISE BODY, TOUCH, DIAGONAL, HOLD, DIAGONAL HOLD (CHEST PUMPS)

- 1&2 Step left forward prepare to hitch, hitch right, lowering down the body on left leg point right to right side
3-4 Raise the body up dragging right toe towards left, touch right toe beside left
5-6 Small step right diagonal, hold (chest pump movements)
7-8 Step left beside right, hold (chest pump movements)

HOP-TOUCH (4X)

- 1-2 Hop left to left side, touch right behind left
3-4 Hop right to right side, touch left behind right
5-6 Hop right forward, touch right behind left
7-8 Hop right backward, touch left across right

KICK-BALL-POINT (2X), WALK, WALK, PIVOT ½, FORWARD

- 1&2 Kick left forward, ball-step left on spot, point right to right side
3&4 Kick right forward, ball-step right on spot, point left to left side
5-6 Walk left, right
7&8 Step left forward, pivot ½ turn right stepping on right, step left forward

TAG**ROCK, RECOVER, ROCK, RECOVER, SIDE-ROCK-CROSS (2X)**

- 1-2 Rock forward on right, recover on left
3-4 Rock back on right, recover on left
5&6 Rock right to right side, recover on left, step right across left
7&8 Rock left to left side, recover on right, step left across right
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