

# K-Factor!

COPPER KNOB  
BYEPOSTHEATS

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Bronya Bishorek (MY) & Kobee Ng  
音樂: Pop Ya Collar - Usher



1&2            Step left foot to side, hitch right knee, touch right foot to side  
**Hands: on count 1, push right hand half length up. On &, pull right hand back to shoulder height. On 2, push right hand all the way up**  
3&4            Step right foot to side, hitch left knee, touch left foot to side  
**Hands: on count 3, push left hand half way across chest. On &, pull left hand back to shoulder. On 3, push left hand all the way across the chest**  
5-6            Step left foot diagonally forward, touch right foot next to left  
**Styling: on counts 5&, do two chest pops**  
7&8            Step right foot diagonally forward, touch left foot next to right  
**Styling: on counts 7&, do two chest pops**

1            Slide/step left foot diagonally back  
2            Slide/step right foot diagonally back  
3            Turn ½ right and slide/step left foot diagonally forward  
4            Turn ½ right and slide/step right foot to side  
5-8           Turn left knee in, hold, hold for 3 counts  
**Arms: on count 5, throw arms to left at shoulder height & look down. On counts &6, swing arms down & around over your head to the left. On 7, look up while maintaining body position. On counts &8, with arms & knees still in position, shift rib cage right, left**

1&2            Hitch left knee, step left foot in place, touch right foot to right  
3&4            Scuff right foot forward, hook right foot over left foot, lift & twist right hip forward  
5&6            Lunge right to side, hitch left knee and hop right to side twice  
7&8            Lunge left to side, hitch right knee, step right together  
**When dancing to "Get Up" by Ciara, change 5&6 to**  
5&6            Drag and tap with the left foot

1            Step right foot to side  
2&            Body roll down  
**Finish with knees turned in**  
3            Turn knees forward  
4&            Body roll up  
**Finish by popping you collar with both hands**  
5            Turn ¼ left and step left in place  
**Dip your head & pretend to hold a hat on your head (facing 9:00)**  
&6            Swivel both heels out, swivel both heels in  
7            Full spin right  
**Like Michael Jackson**  
8            Touch left foot to left  
**Open arms wide with chest facing right diagonal**

**REPEAT**