

Jenny From The Block

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Nilla Nuto
音樂: Jenny from the Block - Jennifer Lopez



Start the dance after words "LOX yeah, J.Lo yeah, yeah, yeah, yo, yo" when LOX starts to sing "We off the blocks this year"

SIDE TOUCHES, HOLD, HITCH WHILE TURNING ¼ RIGHT, SYNCOPATED ROCK-STEP, HEEL AND SHOULDER BOUNCES WITH ½ TURN LEFT

- 1&2&3 Touch right toe to right side, step right foot together, touch left toe to left side, step left foot together, touch right toe to right side
- 4 Hold
- &5&6 Turn ¼ to the right hitching right knee (&), rock right foot back, recover weight on the left foot, step right foot forward
- 7&8 Bounce both heels and shoulders three times as you turn ½ left (weight ends on right foot)

WEAVE, ½ UNWIND, WALK FORWARD TWICE (RIGHT, LEFT), BRUSH OUT-OUT

- 1&2&3 Step left foot behind right, step right foot to right side, step left foot over right, step right foot to right, touch left foot behind right
- 4 Unwind ½ turn left (weight ends on left foot)
- 5-6 Walk forward right, left (bend your knees slightly)
- 7&8 Brush right foot forward, step right foot to right side, step left foot to left side

Arm movements: place right hand on the left hip and left hand on the right hip on &8

SQUAT DOWN, CHEST BUMPS, RISE UP, SYNCOPATED ROCK-STEP, TOUCH LEFT FOOT BEHIND RIGHT, ½ UNWIND

- 1 Bend your knees (squat down) (arm movements: place right hand on the right thigh and left hand on the left thigh)
- 2&3& Bump your upper body (chest) diagonal forward left, center (original position), diagonal forward right, center (original position)
- 4 Straighten your knees (rise up) ending weight on left foot (lift right foot slightly off the floor)
- 5&6 Rock right foot behind left, change weight on left foot, step long step to right side on right foot (arm movements: spread your arms to the sides on 6)
- 7-8 Touch left foot behind right, unwind ½ turn left (weight ends on left foot)

KICK & SIDE ROCKS TWICE, KICK & TOUCH, ¼ HITCH-POINT TURNS TWICE

- 1&2& Kick right foot forward, step right foot together, rock left foot to left side, recover weight on right foot
- 3&4& Kick left foot forward, step left foot together, rock right foot to right side, recover weight on left foot
- 5&6 Kick right foot forward, step right foot together, touch left foot to left side
- &7 Hitch left knee up turning ¼ right on right foot, touch left toe to left side
- &8& Hitch left knee up turning ¼ right on right foot, touch left toe to left side, step left foot together

REPEAT