

It's Like That (The Way It Is)

COPPER KNOB
BY STEPHEN

拍數: 80 牆數: 2 級數: Intermediate/Advanced
編舞者: John Dowling (UK) & Emma Dowling (UK)
音樂: It's Like That - RUN-DMC vs. Jason Nevins



MOONWALK X 4, HEEL, TOUCH, KICK -BALL-CHANGE

Start with weight on left and left toe touching back

- 1 Slide right foot back flat on floor (lifting heel at end of slide) and lower left heel at same time
- 2 Slide left foot back flat on floor (lifting heel at end of slide) and lower right heel at same time
- 3 Repeat step 1
- 4 Repeat step 2
- 5-6 Touch right heel in front, touch right next to left
- 7&8 Kick right foot forward, step on right ball, lift left foot up and down keeping weight on right

SIDE ROCK, RECOVER, WEAVE, SIDE ROCK, RECOVER, ¼ TURN LEFT, LEFT COASTER STEP

- 1-2 Rock right out to side, recover weight onto left
- 3&4 Cross step right behind left, step left to side, cross step right over left
- 5-6 Rock left out to side, recover weight onto right
- 7&8 Making a ¼ turn left step slightly back on left, step right next to left, step forward on left

RIGHT HEELS TWICE, TOUCH, PIVOT ¼ RIGHT, HEEL, TOUCH, RIGHT COASTER STEP

- 1-2 Dig right heel in front twice
- 3-4 Touch right toe back, pivot ¼ turn right with right toe staying on floor
- 5-6 Dig right heel in front, touch right next to left
- 7&8 Step slightly back on right, step left next to right, step slightly forward on right

LEFT HEELS TWICE, TOUCH, PIVOT ¼ LEFT, HEEL, TOUCH, LEFT COASTER STEP

- 1-2 Dig left heel in front twice
- 3-4 Touch left toe back, pivot ¼ turn left with left toe staying on floor
- 5-6 Dig left toe in front, touch left next to right heel, toe on the spot
- 7&8 Step slightly back on left, step right next to left, step slightly forward on left

STEPS TWICE, BACK TWICE WITH ¼ TURN LEFT, STEPS TWICE, BACK TWICE WITH ¼ TURN LEFT

- 1-2 Step right foot forward, step left foot in to front in line with right but shoulder width apart
- 3-4 Making ¼ turn left step back on right, step left to side of right turn, 2 turning left
- 5-6 Step right foot forward, step left foot in to front in line with right but shoulder width apart
- 7-8 Making ¼ turn left step back on right, step left to side of right turn, 2 turning left

¼ LEFT TURNING JAZZ BOX TWICE

- 1-2 Cross right over left, step back on left
- 3-4 Make ¼ turn right stepping right to side, step left in place
- 5-6 Cross right over left, step back on left
- 7-8 Make ¼ turn right stepping right to side, step left in place

FORWARD ROCK RECOVER, ¼ TURN RIGHT, STEP, HEEL TAP, CROSS ROCK RECOVER, STEP, HEEL TAP

- 1-2 Rock step forward on right, recover weight back onto left
- 3-4 Make ¼ turn right stepping right to side, tap right heel in place keeping foot on floor
- 5-6 Cross rock step left over right, recover weight onto right
- 7-8 Step left to left side, tap left heel in place keeping foot on floor

SIDE TOUCH, PIVOT ½ LEFT, SIDE TOUCH TWICE, SIDE TOUCH, PIVOT ½ LEFT, SIDE TOUCH TWICE

- 1-2 Touch right toe out to side, ½ turn left pivot on left foot
- 3-4 Touch right toe out to side twice
- &5-6 Step right next to left, touch left toe out to side, ½ turn left pivot on right foot
- 7-8 Touch left toe out to side twice

Restart dance on wall 4 - replace last side touch with toe touch back

STOMP, HOLD, HEEL BOUNCES TWICE WITH ¼ TURN LEFT, BACK STEPS TWICE, FORWARD STEPS TWICE

- &1-2 Step left next to right, stomp right foot forward, hold (clench fist in front of head on hold)
- 3-4 ¼ turn left while bouncing on both heels twice
- 5-6 Left step back, right step back steps back
- 7-8 Left step forward, right step forward

FORWARD ROCK RECOVER, ¼ TURN LEFT STEPPING LEFT TO SIDE, FORWARD STEPS TWICE, BACK STEPS TWICE, HEEL LIFT

- 1-2 Rock step forward on left, recover weight back onto right
- 3-4 Making a ¼ turn left, step left to side, right step forward
- 5-6 Left step forward, right step back
- 7-8 Left step back, lift left heel

REPEAT

RESTART

On 4th wall dance to end of section 8 and restart dance (with modified last step)
