

Ik Ben Niet Te Stoppen

COPPER **KNOB**
BY STEPHANETS

拍數: 0 牆數: 2 級數: Improver hip hop line/contra dance
編舞者: Daan Geelen (NL)
音樂: Ik Ben Niet Te Stoppen - Def Rhymz



Sequence: AB, AB, RESTART, BB, A

PART A

OUT, OUT, IN, IN, STEP BEHIND OUT 2X, STEP IN 2X, GRAPEVINE TOUCH 2X

- 1 Right foot step forward out
- 2 Left foot step forward out
- 3 Right foot step back in
- 4 Left foot step back beside right 5 right foot step behind out
- 6 Left foot step behind out
- 7 Right foot step forward in 8 left foot step forward beside right

CHASSE, COASTER ¼ TURN ¼ ½, CROSS ROCK, BESIDE

- 9 Right foot step to the right
- & Left foot step together
- 10 Right foot step to the right
- 11 Left foot step behind, turn ¼ to the left
- & Right foot step together left
- 12 Left foot step forward
- 13 Right foot step ¼ to the left 14 left foot step ½ to the left
- 15 Right foot rock forward
- & Left foot weight back
- 16 Right foot step together left foot

½ SHUFFLE BACK, COASTER STEP 2X

- 17 Right foot step back, while turning ½ to the left
- & Left foot step together right 18 right foot step behind
- 19 Left foot step behind
- & Right foot step together
- 20 Left foot step forward
- 21 Right foot step back, while turning ½ to the left
- & Left foot step together
- 22 Right foot step behind
- 23 Left foot step behind
- & Right foot step together
- 24 Left foot step forward

SKATE STEP 2X, TURN ¼, HOLD, CLAP, ¼ SHUFFLE BACKWARD, COASTER STEP

- 25 Right foot skate to the right
- 26 Left foot skate to the left
- 27 Right foot step ¼
- 28 Left foot step out and clap hands with the person facing you
- 29 Right foot step ¼ behind
- & Left foot together right
- 30 Right foot step behind
- 31 Left foot step behind
- & Right foot step together

32 Left foot step forward

1/8 SLIDE 2X, CHASSE, CROSS ROCK 1/2

33 Right foot a big step 1/8 forward
34 Left foot touch beside right
35 Left foot step a big step 1/8 forward
36 Right foot touch left
37 Right foot step to the right side
& Left foot beside right
38 Right foot step the right
39 Left foot rock forward
& Right foot weight back
40 Left foot turn 1/2 cross over right

GRAPEVINE TOUCH 2X

41 Right foot step to the right side
42 Left foot cross behind right
43 Right foot step to the right side
44 Left foot touch beside right
45 Left foot step to the left side
46 Right foot cross behind right
47 Left foot step to the right side
48 Right foot touch beside left

STEP, TURN 1/2 2X WALK, WALK, STEP, TURN 1/2 2X

49 Right foot step forward
50 Left foot pivot 1/2 to left
51 Right foot step forward
52 Left foot pivot 1/2 to left
53 Right foot walk forward
54 Left foot walk forward
55 Right foot step forward
56 Left foot pivot 1/2

WALK, WALK, STEP, TURN 1/2, SKATE(4X)

57 Right foot walk forward
58 Left foot walk forward
59 Right foot step forward
60 Left foot pivot 1/2 to left
61 Right foot skate
62 Left foot skate
63 Right foot skate
64 Left foot skate

PART B

MAN

1-2 Right foot step to right, left foot touch beside
3-4 Left foot step to the left, right touch beside
5-6-7-8 Repeat count 1-4

The next 8 counts, men turn on a funny way

LADY

1-8 Swing you're hips
8-16 The first 8 steps as in man's part

RESTART

On the 3rd wall after count 52 you walk 4 times in place and start the dance again.
