

# Hot 'n' Sweaty

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate hip hop  
編舞者: Guyton Mundy (USA) & John Robinson (USA)  
音樂: Don't Cha (feat. Busta Rhymes) - The Pussycat Dolls



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## MAMBO, BACK-TOGETHER-CROSS, TOUCH OUT-IN-SIDE STEP, CROSS, UNWIND WITH HITCH

1&2      Left rock forward, recover back to right, left step next to right  
3&4      Step right back, left step next to right, right step across left  
5&6      Left touch out side left, left touch next to right, left large step side left  
7-8      Right step across left, unwind full turn to the left hitching left knee

## WALK FORWARD, TRIPLE FORWARD, WALK BACK, SYNCOPATED STEPS TURNING ½ LEFT, OUT-OUT

1-2      Left step forward diagonally left, right step forward diagonally right  
3&4      Three small steps forward: left, right, left  
5-6      Step right back, step left back  
&7&8      Step right back, pivot ½ left (to 6:00) stepping left forward, right step side right, left step side left

## LOOK, LOOK, SIDE BODY ROLL, STEP, CROSS, UNWIND, HITCH

&1-2      Turn head to look right, turn head to look forward, hold  
3-4      Execute a side body roll right, settling weight onto right hip  
5-6      Left step in place, right lift getting ready to cross over left  
7-8      Right step across left, unwind full turn hitching left knee

## SQUAT, BODY ROTATION, SYNCOPATED KNEE POP WITH ¼ TURN RIGHT, CHASE TURN, STEP FORWARD, TOUCH

1-2      Left step side left squatting down and moving body to the left right to left, straighten up ending with weight on left  
3&4      Right knee turn out side right, right knee turn forward, right knee turn out stepping ¼ right (9:00)  
5&6      Step left forward, pivot ½ right shifting weight to right (3:00), step left forward  
7-8      Right large step forward, left touch next to right

## REPEAT

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