

# Hey Now

COPPER KNOB  
BY STEPHEN BATES

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Ron Kline (USA)  
音樂: You've Got Something I Want - J.C. Jones



## STOMPS OUT TO SIDES WITH HOLDS, SMALL STEPS TOGETHER, CROSS TOUCH

- 1-4 Stomp right foot out slightly to right side, (weight to right foot) hold/snap fingers, stomp left foot out slightly to left side, (weight to left foot) hold/snap fingers (feet should be slightly more than shoulder width apart)
- 5-7 Bump hips to left as you step right foot towards center, bump hips to right as you step left foot towards center, bump hips to left as you step right foot to center
- 8 Cross touch left toe over right foot

## SLOW UNWIND, SHAKE AND SHAKE

### Keep weight on right foot through these steps

- 9-12 Slowly in 4 counts unwind legs  $\frac{1}{2}$  turn to the right as you raise right shoulder and lower left shoulder, raise left shoulder and lower right shoulder, repeat shoulders
- 13&14 With elbows bent and hands making loose fists in front of body bend slightly forward at waist as you shake shoulders and hips (right-left-right.)
- 15&16 Straighten up as you shake shoulders and hips (right-left-right.)

## BACK BALL WALK FORWARD, SHUFFLE FORWARD, ROCK/GRIND STEP, COASTER WITH TURN

- &17-18 Step back slightly on ball of left foot, walk forward (right-left.)
- 19&20 Shuffle forward (right-left-right.)
- 21-22 Rock forward on left heel with toe to right diagonal, fan left toe to left diagonal as you shift weight back onto right foot
- 23&24 Step left foot back, step on ball of right foot next to left foot, step left foot forward turning foot and twisting upper body to the left to start a  $\frac{1}{4}$  turn to the left

## VINE RIGHT WITH $\frac{1}{2}$ TURN, 2 SAILOR SHUFFLES

- 25-28 Pivot slightly on left foot to finish  $\frac{1}{4}$  turn to the left stepping right foot to right side, cross step left foot behind right foot, step right foot to right side making a  $\frac{1}{4}$  turn to the right with the step, pivot  $\frac{1}{4}$  to the right on right foot stepping left foot to left side
- 29&30 Angling body slightly to the right step right foot behind left foot, step to left side on ball of left foot, straightening body forward step right foot in place
- 31&32 Angling body slightly to the left step left foot behind right foot, step to right side on ball of right foot, straightening body forward step left foot in place

## AFRO TWIST & TO RIGHT SIDE, AFRO TWIST & TO LEFT SIDE

### Afro Twist is a dance we did in the 60s.

- 33 Dipping right shoulder to right side step right foot to right side at the same time, make upper half of circle in front of body with left hand from left to right
- 34 Bend both knees stepping left foot next to right foot. At the same time, make upper half of circle in front of body with right hand from right to left
- 35 Straightening up step right foot to right side. At the same time, make upper half of circle in front of body with left hand from left to right
- 36 Touch left toe to left side. At the same time, reach out to right side with left hand and twist upper body slightly to the right
- 37 Dipping left shoulder to left side step left foot to left side. At the same time, make upper half of circle in front of body with right hand from right to left
- 38 Bend both knees stepping right foot next to left foot. At the same time, make upper half of circle in front of body with left hand from left to right

- 39 Straightening up step left foot to left side. At the same time, make upper half of circle in front of body with right hand from right to left
- 40 Touch right toe to the right side. At the same time, reach out to left side with right hand and twist upper body slightly to the left

**GRIND STEPS, COASTER STEP, HOLD, STOMP**

**Twist hips with the first 4 counts**

- 41-42 Step Right foot slightly forward with toe to the left, lifting Left heel off floor fan Right toe to the right as you step down on Left foot
- 43-44 Repeat counts 41-42 (rock steps may be used for these 4 counts)
- 45&46 Step right foot back, step on ball of left foot next to right foot, step right foot forward
- 47-48 Hold position, stomp left foot in place and just slightly ahead of right foot

**REPEAT**

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