

Hi Rise

COPPER **NOB**
BY STEPHEN BRETZ

拍數: 32 牆數: 4 級數: Intermediate hip hop
編舞者: Fx4 (USA)
音樂: S.O.S. (Rescue Me) - Rihanna



½ RIGHT PIVOT, ½ RIGHT STEP LEFT, SIDE SHUFFLE RIGHT, TRIPLE 1 ½ LEFT, BEHIND-SIDE-CROSS HEEL TOUCH

- 1-2& Step forward left, turn ½ right (6:00) stepping right in place, turn ½ right (12:00) stepping left next to right
- 3&4 Shuffle to right side stepping right, left, right
- 5&6 Turn ½ left stepping left to left side, turn ½ left stepping right to right side, turn ½ left stepping left to left side (6:00)
- 7&8 Step right behind left, step left to left side, cross touch right heel over left

¼ LEFT GRIND, 2 STEPS BACK, ¼ LEFT CROSSING SHUFFLE, CROSS HEEL ¼ LEFT GRIND, ½ RIGHT ON RIGHT

- 1-2-3 Grind ¼ left (3:00) on right heel stepping onto left, step back on right, step back on left
- &4&5 Turn ¼ left (12:00), cross step right over left, step left to left side, cross step right over left
- &6 Step left to left side, cross touch right heel over left
- 7-8 Grind ¼ left (9:00) on right heel stepping onto left, turn ½ right stepping on right (3:00)

2 KICK-BALL-CHANGES TRAVELING RIGHT, ½ RIGHT SAILOR STEP, SIDE SHUFFLE RIGHT

- 1&2-3&4 Kick left diagonally across right, step left next to right, step right to right side, repeat
- 5&6 Step left behind right, turn ¼ right stepping right to right side, turn ¼ right stepping left to left side (9:00)
- 7-8 Shuffle to right side stepping right, left, right

¼ RIGHT SAILOR WITH "JOEY", REVERSE CROSS-UNWIND, BEHIND, SIDE-CROSS, ¼ LEFT KNEE POP

- 1&2 Step left behind right, turn ¼ right (12:00) stepping right to right side, step left to left side
- &3&4 Rock on right back behind left, recover on left, step right to right side, touch left toe behind right heel
- 5-6 Unwind one full turn left weight ending on left, step diagonally back on right traveling to the left
- 7&8 Step left to left side, cross step right over left, turn ¼ left (9:00) bring left toe next to right and popping left knee

REPEAT
