

Hammertime

COPPER KNOB
BY STEPHENETS

拍數: 0 牆數: 2 級數: contra dance
編舞者: Carole Daugherty (USA)
音樂: U Can't Touch This - MC Hammer



Position: Begin with lines "face to face" on opposite sides approx. 3-4 feet apart
Sequence: A, A, A, B, A, B, A, B, A, A, A-

PART A

RIGHT DIAGONAL STEPS, ¼ LEFT DIAGONAL STEPS (ZIG ZAG)

1-4 Step right forward on right diagonal, step left next to right, step right forward on right diagonal, touch left next to right (12:00)

Opposite rows will be about parallel

5-8 Turn ¼ left on left, step right next to left, step left slightly forward left, touch right toes next to left heel, (9:00)

Opposite rows move to the center of the original contra track to face each other

STEP OUT WITH ARM PUSHES REPEATED (GROCERY SHOPPIN)

1-2 Step out right and raise right arm, feet apart bend both knees pushing right arm forward diagonally left

3-4 Step out left and raise left arm, feet apart bend both knees pushing left arm forward diagonally right

5-6 Step out right and raise right arm, feet apart bend both knees pushing right arm forward diagonally left

7-8 Step out left and raise left arm, feet apart bend both knees pushing left arm forward diagonally right (9:00)

Use hips during pattern. This is not a clap, push hands diagonally toward each other without touching

RIGHT DIAGONAL STEPS, LEFT DIAGONAL STEPS (ZIG ZAG)

1-4 Step right forward on right diagonal, step left next to right, step right forward on right diagonal, touch left next to right

5-8 Step left forward on left diagonal, step right next to left, step left forward on left diagonal, touch right toes next to left heel (9:00)

Lines pass beside each other, then back to center to new "partner"

RIGHT SIDE LUNGE, LEFT TOGETHER, LEFT SIDE LUNGE, RIGHT TOGETHER (LUNGE)

1-4 Step/lunge right foot out right, hold or pulse, slide left towards right, touch left next to right

5-8 Step/lunge left foot out left, hold or pulse, slide right towards left, touch right next to left (9:00)

Add some shimmy & wiggles while stepping out and sliding foot together

BUMPS: FORWARD, CENTER, BACK, CENTER, FORWARD, CENTER, BACK, CENTER (DISCO)

1-2 Press right toes forward diagonally right while bumping right hip forward right, bring hip back to center

3-4 Set right heel down while bumping right hip back right, bring right hip back to center

5-8 Repeat 1-4 (9:00)

Gently connect/bump hips with person behind to your right if desired on back bumps

MODIFIED ¼ RIGHT HINGE TURNS, REPEATED (BOX)

1-4 Pivoting on right foot step left foot forward out left turning ¼ right, draw right foot next to left, pivoting on left foot step right foot back right turning ¼ right, draw left foot next to right

5-8 Pivoting on right foot step left foot forward out left turning ¼ right, draw right foot next to left, pivoting on left foot step right foot right turning ¼ right, step left foot next to right foot (9:00)

Complete a tight box pattern by moving around each other - be sure to use foot closure

RIGHT SIDE BASIC, MODIFIED COASTER STEPS BACK (RIGHT & BACK)

- 1-4 Step right on right, step left next to right, step right on right, touch left toes next to right
5&6 Step back on left foot, step back on right foot, touch left toes next to right foot
7&8 Step back on left foot, step back on right foot, touch left toes next to right foot (9:00)

Dancers should be close to their original starting position on floor on opposite start side

TOUCH BACK ¼ TURN LEFT, LEFT HEEL SWIVEL, PRESS, SHAPE, PRESS, SHAPE (CAN'T TOUCH THIS)

- 1-2 Touch left toes straight back, turn ¼ left on right foot leaving left toes touched back
3&4 Swivel left heel out, swivel left heel to center, swivel left heel out taking weight left
5-8 Press right foot right, body angled left, step right, press left foot left, body angled right, step left (6:00)

Back at start position. Add upper body shaping with arm movement during presses

PART B

Contra lines travel in opposite direction, away from center, then return to start point

¼ RIGHT RUNWAY WALK WITH POSE ½ TURN, RUNWAY WALK WITH POSE ½ TURN (CATWALK)

- 1-4 Step ¼ right on right, step forward on left, step forward on right, pivot ½ left on right touching left toes next to right - pose with attitude
5-8 Step forward on left, step forward on right, step forward on left, pivot ½ right on left touching right toe next to left - pose with attitude

(3:00)

PIGEON TOES TRAVELING RIGHT, PIGEON TOES TRAVELING LEFT (PIGEON TOES)

- 1-2-3&4 Moving right: step right toes out right while turning left toes out, swivel/turn in toes on both feet, swivel toes on both feet out, swivel toes on both feet in, swivel toes on both feet out
5-6-7&8 Moving left: swivel toes on both feet in, swivel toes on both feet out, swivel toes on both feet in, swivel toes on both feet out, swivel toes on both feet in/together weighted left (3:00)

TRAVELING RIGHT CRABWALK, TRAVELING LEFT CRABWALK (CRABWALK)

- 1&2&3&4 Moving right, rise slightly on the toes of both feet with bent knees: step ball of right out right, step ball of left towards right, step ball of right out right, step ball of left towards right, step ball of right out right, step ball of left towards right, step right toes out right
5&6&7&8 Moving left, still over toes of both feet with bent knees: step ball of left out left, step ball of right towards left, step ball of left out left, step ball of right towards left, step ball of left out left, step ball of right towards left, step ball of left out left, (allow shoulders to rock with movement) (3:00)

RUNWAY WALK WITH POSE ¼ TURN, STEP SIDE, "STOP" POSE, HOLD, STRAIGHTEN UP (HAMMER TIME)

- 1-2-3-4 Step forward on right, step forward on left, step forward on right, pivot ¼ left on right touching left toe next to right foot,
5-6-7-8 Step wide left on left, press right toes in with right bent knee while bending upper body forward, push arms out in front, "stop" pose, hold, straighten up keeping weight left, rolling right knee out (12:00)

ADDITIONAL PATTERN FORMATION NOTES:

- Set 1 Dancers move into center of track then turn to face each other, which creates a "back to back" appearance on floor. There should now only be 1 center row, with rows facing opposite
Set 2 Dancers remain facing in pairs in center of track, facing side walls
Set 3 Dancers move out of center track, pass along side each other, then move back into track facing someone new
Set 4 Dancers remain facing in pairs in center of track, facing side walls
Set 5 Dancers remain in center track. When connecting during bumps (encouraged), arms should move accordingly

- Set 6 Dancers execute box pattern going closely around each other, to end where they started. The drawing together of the non weighted foot before stepping keeps each persons feet in their own dance space
- Set 7 Dancers move to original contra track/row distance apart, again in 2 separate rows/lines
- Set 8 Dancers should be back to original floor starting row position, on opposite side facing "their" new wall
- Set 9 Dancers move in opposite directions, then return to their starting point after completing "Cat Walks"
- Set 10 Dancers move in opposite directions, then return to their starting point after completing "Pigeon Toes"
- Set 11 Dancers move in opposite directions, then return to their starting point after completing "Crab Walks"
- Set 12 Dancers move in opposite directions, then return to original start of dance after completing "Hammertime"
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