

Hang On

COPPER KNOB
STYPSHEETS

拍數: 64 牆數: 1 級數: Intermediate/Advanced
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音樂: Hang On - Michael W. Smith



DIAGONAL TOUCH AND STEP RIGHT / LEFT, KICK STEP TOUCH SIDE, ¼ TURN HEEL TAPS WITH SHOULDER SHRUGS

1-2 Touch right toe forward on right diagonal, step down on right foot

Styling: your shoulders will drop with each touch (right touch/right shoulder drops, shoulders center on step down, left touch diagonal/left shoulder drops, shoulders center on step down)

3-4 Touch left toe forward on left diagonal, step down on left foot

Follow styling tips listed above

5&6 Kick right foot forward, step down on right foot, touch left foot to left side

7&8 Slow ¼ turn to left tapping left heel in place (where it ends up on point)

Styling: shoulders shrug along with heel taps and body should end up slightly piked over left leg which will end in a slight lunge

LOOK RIGHT, LOOK SIDE, SCUFF STEP HEEL FORWARD, PRESS BALL OF FOOT TO LEFT SIDE WITH ELBOW PUSH, STEP LEFT, ¼ BALL OF FOOT TO RIGHT SIDE WITH ELBOW PUSH, STEP RIGHT

1-2 Look over right shoulder toward front wall with your upper body following, look back to the left side

3&4 Scuff right heel forward, step down on right foot, touch left heel forward

5-6 Press ball of left foot out to left side and jab left elbow to left side (fist at chest level), step on left foot next to right with left taking the weight

7-8 ¼ turn to left on left foot and press ball of right foot out to right side and jab right elbow to right side (fist at chest level), step on right foot

Should end up facing the back wall

FUNKY MODIFIED CHASSÉ BOX WITH ¼ TURNS AND ARM STYLING:

1& Step to left side on left foot, step right next to left

2& Step to left on left foot, step right next to left

3&4 Step to left on left foot, step right next to left, step to left on left foot with left taking the weight

Arm styling:

1 Your left arm will bend at elbow and on the first step side your arm will swing into your chest

2 Same arm will swing out shoulder level

3 Same arm swinging back into chest

4 Same arm swinging out shoulder level

5&6 ¼ turn to left on left foot while stepping out right foot with right taking the weight, step left next to right, step out to right on right foot with right taking the weight

Arm styling: you will do the same styling as above but with your right arm (in toward chest then swing out to side)

7&8 ¼ turn left on right foot while stepping out on left foot with left taking the weight, step right next to left, step out to left on left foot with left foot taking the weight

Arm styling: again, you will repeat the arm swing but with the left arm (in toward chest and then swing out to side)

When you start the chassé box you will be facing the back wall or 6:00 (1&2&3&4).

At the first ¼ turn you will be facing the side wall or 3:00 (5&6).

At the second ¼ turn you will be facing the front wall or 12:00 (7&8)

HIP BUMPS RIGHT, LEFT, 2X RIGHT, LEFT, RIGHT, 2X LEFT

1 Right hip bumps to right (weight becomes evenly distributed on both feet)

2 Left hip bumps to left

- 3-4 Right hip bumps to right twice
- 5 Left hip bumps to left
- 6 Right hip bumps to right
- 7-8 Left hip bumps twice to left

SIDE TOUCHES WITH ARMS, HEEL STEP FORWARD

- 1 Touch right out to right side with an opposite body lean to the left
- & Step right foot next to left
- 2 Touch left out to left side with an opposite body lean to the right
- & Step left foot next to right
- 3 Touch right foot out to right side
- & Step right next to left
- 4 Touch left out to left side with an opposite body lean to the right
- & Step left next to right
- 5 Touch right out to right side with an opposite body lean to the left
- & Step right next to left
- 6 Touch left out to left side with an opposite body lean to the right
- 7 Left heel touches forward
- & Step forward on left foot (body moves forward)
- 8 Right foot steps next to left with right taking weight

Arm styling:

- 1&2 Right arm comes over head as wrist circles to the right 2x, right arm comes down to right side
- &3 Right arm comes across body punching down and across left hip
- &4 Right arm punches back and across body at right hip
- &5 Both arms punch with fists straight out away from body at shoulder level
- &6 Both arms punch straight down to sides in fists
- 7&8 Stay to sides

STRUT WALKS WITH ¼ TURN LEFT AND ¼ TURN LEFT WITH SHUFFLE

- 1 Step left foot forward
- 2 Step right foot forward looking to right snapping right fingers
- 3 Step left foot forward
- 4 Step right foot forward looking to right snapping right fingers
- 5 ¼ turn to left stepping forward on left foot
- 6 Step forward on right foot looking right snapping right fingers
- 7&8 ¼ turn to left stepping forward on left, slide right next to left, step forward on left to complete shuffle

SIDE TOUCHES WITH ARMS, HEEL STEP FORWARD

- 1 Touch right out to right side with an opposite body lean to the left
- & Step right foot next to left
- 2 Touch left out to left side with an opposite body lean to the right
- & Step left foot next to right
- 3 Touch right foot out to right side
- & Step right next to left
- 4 Touch left out to left side with an opposite body lean to the right
- & Step left next to right
- 5 Touch right out to right side with an opposite body lean to the left
- & Step right next to left
- 6 Touch left out to left side with an opposite body lean to the right
- 7 Left heel touches forward
- & Step forward on left foot (body moves forward)
- 8 Right foot steps next to left with right taking weight

Arm styling:

- 1&2 Right arm comes over head as wrist circles to the right 2x, right arm comes down to right side
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- &4 Right arm punches back and across body at right hip
- &5 Both arms punch with fists straight out away from body at shoulder level
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- 7&8 Stay to sides

STRUT WALKS WITH ¼ TURN LEFT AND ¼ TURN LEFT WITH SHUFFLE:

- 1 Step left foot forward
- 2 Step right foot forward looking to right snapping right fingers
- 3 Step left foot forward
- 4 Step right foot forward looking to right snapping right fingers
- 5 ¼ turn to left stepping forward on left foot
- 6 Step forward on right foot looking right snapping right fingers
- 7&8 ¼ turn to left stepping forward on left, slide right next to left, step forward on left to complete shuffle

REPEAT

ENDING

Last time through facing the front wall you will do the hip bump sequence twice to end
