

Got Friends

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate hip hop
編舞者: John Dembiec (USA)
音樂: Run It! - Chris Brown



LOCKING STEPS WITH SCUFF, ¼ TURN

1&2& Step right forward, lock left behind right, step right forward, scuff left forward
3&4& Step left forward, lock right behind left, step left forward, scuff right forward
5-6 Step right forward, turn ½ left (weight to left)
7-8 Turn ¼ left and step right to side, cross left behind right

VINE, ARM MOVEMENTS, LEAN, JAZZ

1-4 Step right to side, cross left over right, rock right to side, hold
5-6-7 Hold, hold, hold
8& Recover to left, cross right over left

Do arm movements also:

1& With arms to side and palms facing back, bring arms up criss crossing right in front of left ending up with hands up shoulder height palms facing back on the & count fold arms left in front of right. Back of right hand should be touching the inside left forearm and the left palm touching the outside of the right forearm
2& Repeat 1& with the bringing up of palms to shoulder height and returning to the folded arms the same way
3&4 On count 3 punch the right arm forward with the inside forearm facing up and the left hand touching under the right elbow. On the & count bring right arm back and roll it under the left. On count 4 punch right forward again with the inside forearm facing down and the left hand touching the top of the elbow
5-6 Bringing both arms to the left, the left hand will slide across the top of the right arm ending up with the left arm pointing to the left and the right hand by the left shoulder. On count 6 you will continue bring the right hand across the chest to the right side with the right hand ending up chest high and the right elbow pointed out to the right
7-8& Using the momentum lean to right and drop left arm down

STEP, ¼ TURN, SIDE SHUFFLE, ½ MONTEREY TURN, COASTER

1-2 Step left back, turn ¼ right and step right forward
3&4 Step left together, step right to side, step left together

Shoulder rolls can be done here

5-6 Touch left to side, turn ½ left (weight on right)
7&8 Step left back, step right together, step left forward

STEP, ROCK, ¼ TURN, CROSS, ¼ ½ ¼ TURNS, ROCK, 2 ½ TURNS

1-2& Step right forward, rock left forward, replace to right
3-4 Turn ¼ right and cross left over right, turn ¼ left and step right back
5-6& Turn ½ left and step left forward, turn ¼ left and rock right to side, replace to left
7-8 Pivot ½ left and step right to side, pivot ½ left and step left to side

REPEAT