

Get Punked Up!

COPPER KNOB
STEPPERS

拍數: 0 牆數: 2 級數: Improver hip hop
編舞者: Melissa (Boggs) Breazeale (USA) & Candi Titus
音樂: Wondering - Good Charlotte



Sequence: A, BBB, TAG, B, TAG

PART A

SIDE SHUFFLES ROCK RECOVERS

1&2 Side shuffle to right
3 Rock back on left
4 Recover to right
5&6 Side shuffle to left
7 Rock back on right
8 Recover to left

SHUFFLE FORWARD ROCK RECOVER TRIPLE STEP TURN SAILOR SHUFFLE

1&2 Shuffle forward on right
3 Rock forward on left
4 Recover to right
5&6 Half triple step turn
7&8 Left sailor shuffle

HIP BUMPS BODY ROLLS

1-2 Right hip bumps
3-4 Left hip bumps
5-6-7-8 Body rolls

HALF MONTEREY TURN SAILOR SHUFFLES

1 Touch right to side
2 Half Monterey to right
3&4 Right sailor shuffle
5&6 Left sailor shuffle
7&8 Right sailor shuffle

PADDLE TURNS CROSS OUT OUT, CROSS OUT, CROSS OUT

1 Paddle turn $\frac{1}{4}$ wall to left
2 Paddle turn another $\frac{1}{4}$ wall to left
3 Cross right over left
& Step left foot out
4 Step right to the side
5 Cross left over right
6 Step right to the side
7 Cross right over left
8 Point left to the side

FUNKY WALK BACK COASTER STEP, 1 $\frac{1}{4}$ TURN TO THE RIGHT

1 Bring left back behind right (side note: like the funky walk in "funky cowboy")
2 Bring right back behind left. /
3 Step left foot back slightly
& Step right beside left

- 4 Step left forward
5-81 ¼ turn to right

ROCK RECOVER SAILOR STEP TURN, ROCK RECOVER RENDEZVOUS ROCK RECOVER

- 1 Rock forward on right
2 Recover turning ¼ to left
3&4 Left sailor step
5 Rock to the left
6 Recover ½ turn to the left
7 Rendezvous with left
& Rock back on right
8 Recover to left

REVERSED GALLOPING TURNS

- 1-8 ¼ turns side rock recover (right left right turn, right left right turn)

PART B

SAILOR SHUFFLES ROCK RECOVER

- 1&2 Sailor shuffle to left
3&4 Sailor shuffle to right
5 Rock forward on right foot
6 Recover to left
7 Rock back on right
8 Recover to left

SAILOR SHUFFLES FULL PIVOT TURN

- 1&2 Sailor shuffle to left
3&4 Sailor shuffle to right
5 Step forward on right
6 Half pivot turn to left
7 Step forward on right
8 Haft pivot turn to left

SAILOR SHUFFLE FORWARD, BACK, FORWARD, FORWARD

- 1&2 Sailor shuffle to left
3&4 Sailor shuffle to right
5 Forward right, left
&6 Syncopate back right left
&7&8 Syncopate forward right

SAILOR SHUFFLE STOMP HOLD BODY ROLL

- 1&2 Sailor shuffle to left
3&4 Sailor shuffle to right
5 Stomp right foot
6 Hold
7-8 Body roll

TAG

"THE DANNY"

- 1 Right arm roll with palm facing forward
2 Left arm roll with palm facing forward
3-4 With palms facing forward push arms down and forward while shoulders roll with the arms
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