

Funky Big Band

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 2 級數: Intermediate/Advanced
編舞者: Amanda Woodman (UK)
音樂: Funky Big Band - Janet Jackson



Sequence: Includes 16 count introduction. When dancing to the George Michael track "Too Funky", which is a bit slower, start 8 counts into the song, missing out the introduction. Secondly, the song "Funky Big Band" takes some time getting started until 16 counts after she says, "And the band plays" 6 times. Then start from the introduction

INTRODUCTION

FOUR CHARLESTON STEPS

- 1&2 Touch right toe forward, recovering weight onto left foot swing right leg round behind left foot placing weight onto the right foot
- 3&4 Touch left toe back, recovering weight onto right foot swing the left leg round in front of right foot placing weight onto left
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

TWO DIAGONAL SHUFFLES, KICK STEP, KNEE BEND (CROW POSITION)

- 1&2 Shuffle to the right diagonal - right, left, right
- 3&4 Shuffle to the left diagonal - left, right, left
- Arm movements: while shuffling diagonally right straighten right arm out in front of you raising your right hand with palm facing outwards as if you are telling someone to stop! This happens on count one. This is very hard to explain so the easiest way to do these arm movements is to imagine that you are pushing somebody forward, but you are giving them two pushes. In order to do this you need to bring your arm back in on the & count to push them forward again on beat 2. Repeat this using your left arm on counts 3&4. For added style ladies can put their other hand on their hip. Arms can then be placed back down**
- 5-6 Kick right foot across left towards left diagonal, step right foot to the right side to face back at the front wall
- 7-8 Bend left knee in towards right, with right knee slightly bent raise arms in the air with head against your right shoulder

This all happens on beat 7. Replace weight onto left foot on 8 while dropping arms and lifting head off of shoulder

THE MAIN DANCE

CROSS UNWIND A FULL TURN, SIDE CLOSE SIDE, TWO CROSS KICKS, QUICK BALL CHANGE, KICK

- 1&2 Step right across left unwind a full turn over left shoulder, weight should end on left foot
- 3&4 Step right to the right side, close left next to right and step right to the right side
- Option: shoulder pumps can be added on with the side, close, side**
- 5-6 Kick left foot across right towards the right diagonal twice
- &7 Step left foot to the left side to face towards the front wall and step weight onto the right foot

This is a quick ball change

- 8 Kick left foot forward

HEEL AND TOE TOUCH TURNS, SIDE TOGETHER, COASTER STEP

- 1-2 Touch left heel forward, touch left toe back
- 3&4 Pivot on ball of right foot to make a ¼ turn to the left touching the left heel forward, touch left toe back on the & count, pivot again on the ball of your right foot to make a ¼ turn to the left touching left heel forward
- 5-6 Place the rest of the left foot down weight should now be on the left, step right to the right side
- & Step left next to right
- 7&8 Do a right coaster step (back, together, forward)

SYNCOPATED WEAVE, TOUCH, CROSS STEP, SAILOR ¼ TURN

- 1&2 Cross left over right, step right to the right side, cross left behind right
- &3 Step right to the right side, cross left over right
- 4-5 Point right out to the right side, cross right over left
- 6-7 Step left to the left side, slightly turning to the right diagonal ready to step right behind left making a ¼ turn to the right
- &8 Step left to the left side and step forward onto right foot

TWO KICK BALL CHANGES, TWO SLOW MOTION SLIDE STEPS

- 1&2 Do a left kick ball change
- 3&4 Repeat 1&2 weight should end on right foot, with left toe touching back (this will help you get into the next step)
- 5&6 Slide left foot forward. After doing this, apply a bit of weight onto the ball of left foot. On the & count slide right toe back, and place weight onto the left heel
- 7&8 Slide right foot forward. After doing this apply a bit of weight onto the ball of the right foot. On the & count slide the left toe back, and place weight onto the right heel

The above steps can be quite hard to start off with, but there is an easier way to do these and that is to imagine that you are on a running machine, but instead of running on the spot you are sliding your feet with a ball step on the end. Once you've mastered the above steps arms can be added in a running motion

TWO SLOW MOTION SLIDE STEPS, POINT, SIDE, TAP, TAP, STEP

- 1&2 Repeat 5&6 from section four
- 3&4 Repeat 7&8 from section four
- 5-6 Point left toe forward, point left toe to the left side
- 7&8 Tap left toe next to right foot, tap left toe out a bit to the left side and step the whole of the left foot out to the left side

LEAN, PIVOT ¼ TURN LEAN, BACKWARDS BODY ROLL, SIT, WEIGHT, STEP, STEP, ROCK & TOUCH

- 1-2 Lean body to the right, pivot on both balls of the feet to make a ¼ turn to the left and lean body slightly forward
- 3-4 Lean back into a backwards body roll over count three to be in a sitting position on beat 4. Left leg should be fully bent, with right slightly bent
- &5 Put weight onto left foot, stepping right foot forward
- 6 Step forward onto left
- 7&8 Rock to the side on your right, recovering weight onto your left and touch right toe slightly behind left foot

REPEAT
