

Galaxy Defenders

COPPER **NOB**
BY STEPHEN

拍數: 48 牆數: 2 級數: Intermediate
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音樂: Men In Black - Will Smith



TOE TOUCH & LEFT SCOOT BACK, STEP, COASTER STEP RIGHT HIP WALK, LEFT HIP WALK

- 1&2 Touch right toe behind left heel & scoot back on left foot step back right
- 3&4 Left step back & step right beside left, step left forward
- 5&6 Step right forward bumping hip to right, center, right
- 7&8 Step left forward bumping hip to left, center, left

3-¼ LEFT TURNING CHUGS

- &1 Lift right knee across left knee, step on ball of right foot at 2:30 position pushing right hip outward
- &2 Lift right knee across left knee while pivoting ¼ left on left foot, step on ball of right foot at 2:30 position pushing right hip outward
- &3 Lift right knee across left knee while pivoting ¼ left on left foot, step on ball of right foot at 2:30 position pushing right hip outward
- &4 Lift right knee across left knee while pivoting ¼ left on left foot, touch toe of right foot at 3:00 o'clock

For styling, your right arm should bend at elbow in front of body when right knee lifts across left knee and when foot steps down right arm should straighten out parallel to right leg.

STEP BACK, HEEL FORWARD, STEP ½ TURN, TOE TOUCH, SIDE TOUCHES, HEEL, TOE

- &1 Step back on right & touch left heel forward
- &2 Step left foot home & step right foot forward (weight on right)
- 3-4 Left ½ turn (weight on left) touch right toe beside left
- 5&6 Touch right toe to right side step right home & touch left toe to left side
- &7 Step left home & touch right heel forward at 45 degree angle
- &8 Step right foot home & touch left toe behind at 45 degree angle

KICK BALL STEP, KICK BALL STEP, SCOOT BACK RIGHT, LEFT, RIGHT, STOMP, STOMP

- 1&2 Kick left foot forward ball step left beside right & step right forward
- 3&4 Kick left foot forward ball step left beside right & step right forward
- &5 Hop (scoot) back on right foot while hitching left knee, step slightly back on left foot
- &6 Hop (scoot) back on left foot while hitching right knee, step slightly back on right foot
- &7 Hop (scoot) back on right foot while hitching left knee, step slightly back on left foot
- &8 Right foot stomp up beside left, right foot stomp up beside left

¼ PIVOT, RIGHT SHUFFLE, ½ PIVOT, LEFT SHUFFLE

- &1&2 Pivot ¼ turn right on left foot into a right shuffle (right, left, right)
- &3&4 Pivot ½ turn left on right foot into a left shuffle (left, right left)

FORWARD HOP, FORWARD HOP, BACKWARD HOP, BACKWARD HOP

- &1-2 Hop forward on right, hop left beside right hold with clap (weight on left)
- &3-4 Hop forward on right, step left beside right hold with clap (weight on right)
- &5-6 Hop backward on left, step right beside left hold with clap (weight on right)
- &7-8 Hop backward on left, step right beside left hold with clap (weight even on both feet)

STEP BACK, HEEL TOUCH, STEP BACK, HEEL TOUCH, ELBOW JABS

- &1 Step right back (45 degree angle), touch left heel forward (45 degree angle)
- &2 Step left back to home, step right foot beside left (weight on right foot)

- &3 Step left back (45 degree angle), touch right heel forward (45 degree angle)
- &4 Step right back to home, step left beside right (weight on both feet)
- 5-6 Jab right elbow to right side jab right elbow to right side (elbow to be at shoulder height and lean upper body slightly to right)
- 7-8 Jab left elbow to left side jab left elbow to left side (elbow to be at shoulder height and lean upper body slightly to left)

REPEAT
