

Geris Secret

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: David J. McDonagh (WLS)
音樂: Mi Chico Latino (Original Mix) - Geri Halliwell



HIP BUMPS TRAVELING BACK ("WITH HAND MOVEMENTS")

1&2 Step right back angling body to right diagonal while bumping hips: right, left, right
&3&4 Continue bumping hips: left, right, left, right
5&6 Step left back angling body to left diagonal while bumping hips : left, right, left
&7&8 Continue bumping hips: right, left, right, left

Styling: while bumping hips: raise both hands at head level, pushing arms up & down. Right arm down with right hip, left arm down with left hip

TOE & HEEL SWITCHES BACKWARDS, BRUSH - STEP BACK, KICK - CROSS, POINTS

With body still facing left diagonal

9& Touch right toe back, step right beside left
10& Touch left heel forward, step left beside right
11&12 Brush right toe forward, hitch/raise right knee, step right back

End with right instep behind left heel: right toe pointing 3:00, left toe pointing front wall, with body now facing front wall

13& Kick left forward, cross step left over right
14& Step right back, step left beside right
15& Point right toe to right side, step right beside left
16 On ball of right turn a ¼ turn left - touching left toe forward

BODY ROLL - FORWARD & BACK, SWEEP AROUND, HOLD & CLICK

17&18 Do a body roll leading from left foot upwards to head
19&20 Do a body roll leading from head downwards to left foot

On counts (19&20) do a right arm snake roll forward

21-22 On ball of left foot sweep right foot around in a circular motion, turning ½ turn left
23 End with right toe touching across left preparing to click fingers at head level
24 Hold for (1) count while clicking fingers at head level & flicking head up slightly

During counts (23-24) angle body to left diagonal

SYNCOPATED ROCK STEPS, SIDE SWITCH, SYNCOPATED KICKS, "GET DOWN"

& On ball of left foot unwind ½ turn left jumping right back slightly
25 Extend left heel forward
&26 Step left back to center, touch right toe beside left
&27 Jump right back slightly, extend left heel forward
&28 Step left back to center, touch right toe beside left
29& Touch right toe to right side, step right beside left
30&31 Kick left forward, step left beside right, kick right forward
&32 Slide right backwards while bending down onto right knee

"GET UP", MASHED POTATO STEPS, "NORMAL" RUNNING MAN STEPS TURNING

33-34 While standing up unwind a ¾ turn on the spot over right shoulder (feet end together)
&35 Split both heels apart, split both heels together sliding left foot forward
&36 Split both heels apart, split both heels together sliding left foot back
& Split both heels apart
37& Step left forward, slide left foot back to center hitching/raising right knee
38& Step right forward, slide right foot back to center hitching/raising left knee
39& Step left forward, slide left foot back to center hitching/raising right knee

On counts (37&, 38&, 39&) rotate a ¼ turn over left shoulder on the spot, end facing 3:00 wall from front wall
40 Step right to right side shoulder width apart

SNAKE ROLL ("WITH MORE HANDS"), SHIMMY LEFT, CLAP-CLICK

41&42 Do a body/snake roll to right side leading from head to hips (end leaning right)

At the end of your snake roll (count 42) turn hands sharply so palms face front

&43 Lean body to left side straightening up

On counts (&43) raising both lower arms roll/twist: fingers & wrist inwards & downwards. End with upper arms strait out to the sides with elbows bent so that hands are up, palms forward.

&44 Lean body to right side

On counts (&44) lowering both lower arms roll/twist: fingers & wrist inwards & downwards, ending with arms down to sides normally

45-46 Step left to left side shimmying shoulders

47 On ball of left foot turn ½ turn left over left shoulder, stepping right beside left

&48 Clap hands, click both hands upwards at head level

REPEAT

TAG

Do the following tag after 4th repetition (only with "Mi Chico Latino"):

SIDE SWITCHES, MONTEREY TURN, SYNCOPATED ROCK STEPS

1& Point right toe to right side, step right beside left

2& Point left toe to left side, step left beside right

3& Point right toe to right side, step right beside left turning ½ turn over right shoulder

4& Point left toe to left side, step left beside right

5& Rock forward onto right foot, rock weight back onto left foot

6& Rock back onto right foot, rock weight forward onto right foot

7& Rock forward onto right foot, rock weight back onto left foot

8& Rock back onto right foot, rock weight forward onto right foot

KICK BALL POINTS, & SLIDE, APPLEJACKS, SHIMMY LEFT, CLAP-CLICK

9&10 Kick right forward, step right beside left, point left toe to left side

11&12 Kick left forward, step left beside right, point right toe to right side

&13-14 Hitch/raise right knee, step right to right side, slide left beside right

15& With weight on left heel & right toe: swivel left toe & right heel: left, swivel back to center

16& With weight on left toe & right heel: swivel left heel & right toe: right, swivel back to center

17-18 Step left to left side shimmying shoulders

19 On ball of left foot turn ½ turn left over left shoulder, stepping right beside left

&20 Clap hands, click both hands upwards at head level
