

Feel It 2

COPPER **NOB**
BY STEPHEN B. SMITH

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Benjamin Smart (AUS) & John Robinson (USA)
音樂: Feel for You - Bananarama



Sequence: AAA-, BB, AAA-, BB, ABB. You'll do part A on the verses and part B on the choruses. A- is the first 16 counts of the dance

PART A

CROSS, SIDE BALL-CHANGE TURNING ¼ RIGHT, STEP FORWARD, KICK, TOUCH BACK, BUMP BACK, HEEL TWIST TURNING ½ RIGHT

- 1&2 Right step across left, left rock ball of foot side left, pivot ¼ right (to 3:00) stepping right forward
- 3-4 Step left forward, right kick forward
- 5-6 Right touch back, bump back taking weight on right
- 7&8 With weight on balls of feet, twist heels left starting ½ turn right, twist heels right, twist heels left finishing ½ turn right, weight ending on left (to 9:00)

WALK, WALK, FORWARD MAMBO, ½ TURN LEFT, ¼ TURN LEFT, SAILOR STEP

- 1-2 Step right forward, step left forward
- 3&4 Right rock ball of foot forward, recover to left, right step next to left
- 5-6 Pivot ½ left (to 3:00) stepping left forward, pivot ¼ left (to 12:00) stepping right side right
- 7&8 Left step ball of foot behind right, right small step ball of foot side right, step left forward

FORWARD STEP, TOUCH, HIP SHAKE BACK (REPEAT)

- 1-2 Right step forward to right diagonal (1:30), left touch behind right
- 3&4 Left step back shaking hips back twice, settling weight on left
- 5-6 Right step forward to right diagonal (1:30), left touch behind right
- 7&8 Left step back shaking hips back twice, settling weight on left

JAZZ BOX TURNING ¼ RIGHT, HITCH-BALL-CHANGE, ½ TURN LEFT, ¼ TURN LEFT

- 1-2 Right step across left, step left back
- 3-4 Pivot ¼ right (to 3:00) stepping right forward, step left forward
- 5&6 Right hitch (raise knee), right step ball of foot next to left, left step in place
- 7-8 Pivot ½ left (to 9:00) stepping right back, pivot ¼ left (to 6:00) stepping left side left

PART B

KICK & STEP, BODY ROLL DOWN WITH KNEE POP, BODY ROLL UP, KICK, STEP

- 1&2 Right kick across left, right step side right, left step side left (feet now shoulder-width apart)
- 3-4 Bring left hand over head as if brushing hair then down left side of neck and body to thigh as you body roll down, with hand on thigh twist left knee ¼ turn left (to 9:00)
- 5-6 Return hand and knee to 12:00, body roll up ending with weight on right
- 7-8 Left kick across right, left step side left

FORWARD MAMBOS RIGHT THEN LEFT, SIDE STEPS ON THE SPOT WITH HAIR BRUSHES

- 1&2 Right rock ball of foot forward, recover to left, right step next to left
- 3&4 Left rock ball of foot forward, recover to right, left step next to right
- 5-6 Right step side right circling right hand over head to the left, placing hand behind head; at same time, point left hand straight out to left side, left step side left circling left hand over head to the right, placing hand behind head; at same time, point right hand straight out to right side
- 7-8 Repeat counts 5-6

FORWARD ROCK, RECOVER, COASTER STEP, WALK, WALK, ½ TURN LEFT, LOOK BACK

- 1-2 Right rock ball of foot forward, recover to left
- 3&4 Right step ball of foot back, left step ball of foot next to right, step right forward
- 5-6 Step left forward, step right forward
- 7-8 Pivot ½ left (to 6:00) shifting weight to left, look back over right shoulder (to 12:00) shifting weight to right

SYNCOPATED LOCK STEPS WITH SHOULDER ISOLATIONS, FULL MONTEREY TURN KEEP LOOKING BACK OVER RIGHT SHOULDER AS YOU EXECUTE THE NEXT 4 COUNTS

- 1&2& Left step forward raising left shoulder, right lock behind left, dropping left shoulder/raising right shoulder, left step forward dropping right shoulder/raising left shoulder, right lock behind left, dropping right shoulder/raising left shoulder
- 3&4 Step left forward, right lock behind left, step left forward
- 5-6 Right toe point side right, pivot full turn right (to 6:00) stepping right next to left
- 7-8 Left toe point side left, left step next to right

REPEAT
