

Feel It!!

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Angie Shirley (UK)
音樂: Can You Feel It - The Jacksons



Dedicated to "Mary Walker" for her tireless dancing cheers!

TOE POINTS

1&2 Point right toe out to right side, step right foot next to left, point left toe out to left side
3&4 Step to left foot next to right, point right toe out to right side, step right foot next to left, point left toe out to left side

Optional arm movements for counts 3-4: making a fist punch air directly over head with right arm as you point right toe. Left arm as you point left toe. Arms must be kept straight!

SYNCOPATED BACK STEPS WITH HIP THRUSTS

&5-6 Step left foot ¼ turn to left, push hips back, thrust hips forward
&7-8& Step left foot next to right, step on right foot, pushing hips back, thrust hips forward, make ¼ turn right rocking weight onto left foot

Arm movements for counts 5-8: on count 5 stretch arms out in front at waist height as you push hips back. On count 6 pull arms in towards body and past hips as you thrust forward. Repeat on count 5. For count 7. Repeat on count 6 for count 8

CROSS UNWIND ½ TURN, CROSS, UNWIND ½ TURN

9-10 Cross right over left. Unwind ½ turn over left shoulder
11-12 Cross right over left. Unwind ½ turn over left shoulder. Weight remains on left foot

HEEL BOUNCE RIGHT/LEFT

13-14 Fan right heel out to right side & bounce on heel. Fan heel back to place
15-16 Fan left heel out to left side & bounce on heel. Fan heel back to place

HIP FLICKS WITH ¼ TURN RIGHT

17 With right wrist on right hip, flick hand forward (as if dealing cards from the hip) push hips up with each flick of the wrist
18-20 Repeat 3 more times making 4 in all, and at same time slowly make ¼ turn to right (weight remains on left foot)

MASHED POTATOES BACK

& With weight on ball of left foot, turn both toes inward & lift right foot slightly off floor
21 Step back on right foot, turning both toes outward
& With weight on ball of right foot, turn both toes inward & lift left foot slightly off floor
22 Step back on left foot, turning both toes outward
& With weight on ball of left foot, turn both toes inward & lift right foot slightly off floor
23 Step back on right foot, turning both toes outward
& With weight on ball of right foot, turn both toes inward & lift left foot slightly off floor
24 Step back on left foot, turning both toes outward

KICK BALL STEP TWICE

25&26 Kick right forward, step back on ball of right foot, step forward on left foot
27&28 Kick right forward, step back on ball of right foot, step forward on left foot

CROSS. UNWIND. PAUSE. CLAP

29-30 Cross right over left, unwind ½ turn over left shoulder
31-32 Pause for one count, clap

REPEAT
