

Feel The Rhythm

COPPER **NOB**
BY STEPHEN

拍數: 36 牆數: 4 級數: Intermediate
編舞者: James "JP" Potter (USA)
音樂: Rhythm Divine - Enrique Iglesias



"ARC" STEPS (TWICE); SHUFFLE; STEP PIVOT

- & Bring left foot forward and then out towards the left diagonal (making a small arc on the floor)
- 1 Rock to the left diagonal with the ball of the left foot while pushing hips towards the left diagonal
- & Replace the weight to the right foot and start bringing the left foot back to center along the same "arc" as before
- 2 Step straight back with the left foot
- & Bring right foot back and then out towards the back right diagonal (making a small arc to the back this time)
- 3 Rock back to the back right diagonal with the ball of the right foot while pushing hips towards the back right diagonal
- & Replace the weight to the left foot and start bringing the right foot back to center along the same "arc" as before
- 4 Step straight forward with the right foot
- 5 Step forward with left foot
- & Bring right next to the left
- 6 Step forward with left foot
- 7 Step forward with right foot
- 8 Pivot ½ turn left on the balls of both feet

"ARC" STEPS (TWICE); STEP SIDE; TOGETHER; SIDE SHUFFLE

- & Bring right foot forward and then out towards the right diagonal (making a small arc on the floor)
- 1 Rock to the right diagonal with the ball of the right foot while pushing hips towards the right diagonal
- & Replace the weight to the left foot and start bringing the right foot back to center along the same "arc" as before
- 2 Step straight back with the right foot
- & Bring left foot back and then out towards the back left diagonal (making a small arch to the back this time)
- 3 Rock back to the back left diagonal with the ball of the left foot while pushing hips towards the back left diagonal
- & Replace the weight to the right foot and start bringing the left foot back to center along the same "arc" as before
- 4 Step straight forward with the left foot
- 5 Make another "arc" with the right foot as you step the right to the right side (as you step, push hips to the right)
- 6 Drag the left foot next to the right and place weight onto the left foot (as you step, push hips to the left)
- 7 Step right foot to right while pushing hips right
- & Step left foot next to right while pushing hips left
- 8 Step right foot to right while pushing hips right

HIP ROLL; SIDE SHUFFLE WITH ¼ TURN LEFT; MAMBO STEPS (TWICE)

- 1-2 Roll hips around twice to the left, with weight ending on the right foot, hips pushed out to the right (option: for something a little easier, you can do just one hip roll)
- 3&4 Step left foot to left side, step right foot next to the left, step into a ¼ turn left with the left foot

- 5&6 Rock to the right side with the right foot, replace the weight to the left, step the right foot forward and slightly across the left
- 7&8 Rock to the left side with the left foot, replace the weight to the right, step the left foot forward and slightly across the right

1/8 TURN RIGHT; SWIVEL STEPS; GRAPEVINE WITH MAMBO STEP

- 1 Step right foot into 1/8 turn right
- & Bring left knee up and pull it across the right leg so that you pivot a ¼ turn right on the ball of the right foot (should be facing the right diagonal)
- 2 Step left foot forward (forward being the right diagonal mentioned above)
- & Bring right knee up and pull it across the left leg so that you pivot a ¼ turn left on the ball of the left foot (should be facing the left diagonal now)
- 3 Step right foot forward (forward being the left diagonal)
- & Bring left knee up and pull it across the right leg so that you pivot a ¼ turn right on the ball of the right foot (should be facing the right diagonal again)
- 4 Step left foot forward (forward being the right diagonal again)
- 5 Step to the right with the right foot, turning an 1/8 turn to the left (squaring yourself off on that wall)
- 6 Cross the left foot behind the right
- 7 Rock to the right side with right foot
- & Replace the weight to the left
- 8 Step the right foot across the left

¼ TURN LEFT; PIVOT ½ TURN LEFT; STEP FORWARD

- 1-2 Step into a ¼ turn left with the left foot, step forward with right foot
- 3-4 Pivot a half turn left on the balls of both feet, step forward with right foot

REPEAT

Optional arm styling for the rock "arc" steps: for the rocks starting with the left foot (rocking forward or back, it is the same), start with elbows at your side, forearms in front of you, hands in light fist. On count 1, straighten left arm down to left side, right forearm moves up slightly and shoulders dip to the left (left shoulder goes down while right one goes up). On the &, left arm comes back up, right arm straightens down to right side, and shoulders dip to the right. On count 2, left arm straightens down to left side again, right arm comes back to starting position, no shoulder movement. Movements are opposite for rocks starting with the right foot.
