

Don't You Understand..!

COPPER **KNOB**
BY SHEETS

拍數: 56 牆數: 4 級數: Advanced
編舞者: David J. McDonagh (WLS)
音樂: I'll Never Stop - *NSYNC



Start dance (28-Counts) after the words "Operator - Ooh Yeah", approx. 22 seconds

KICK BALL BACK, SHOULDER ROLLS, HIPS/HEAD TURN (¼-LEFT), 2X MASHED POTATO STEPS

- 1&2 Kick right forward, step right beside left, step left back
3-4 Roll right shoulder forward, roll left shoulder back
5-6 Roll hips to the left while completing ¼ turn left
Option: while completing counts 5-6, try rotating your head in place: left, right, left ¼-left
&7 Split both heels apart, close both heels together while sliding right back
&8 Split both heels apart, close both heels together while sliding left back

DISCO VERSION OF "THE RUNNING MAN" STEP, BIG SLIDE, SNAKE ROLL BROKEN DOWN (BUT NOT MEANT FOR SMOOTHNESS)

- 1& Jump left back with right heel forward, jump right beside left while hooking left behind right shin
2 Jump left back with right heel forward
3-4 Big step slide right to right side, slide left beside right
5 Step right to right side - while leaning body/shoulders right (body/shoulders is now over right knee)
6 Push hips to right - under body/shoulders (body is now slanted to right)
7 Push hips to left - (keeping body/shoulders right)
8 Push body/shoulders left (body is now upright) while turning ¼ left on balls of both feet

You're now facing the back wall (6:00 from original wall)

RIGHT LOCK STEP, STEP PIVOT (½-RIGHT), TRIPLE TURN (½-RIGHT), BACK ROCK

- 1&2 Step right forward, lock step left behind right, step right forward
3-4 Step left forward, pivot ½ turn right
5&6 Triple ½ turn over right shoulder stepping: left, right, left
7-8 Rock back onto right, rock weight forward onto left

2X KICK BALL POINTS (TRAVELING FORWARD), HOOK TURN (¼-LEFT) CROSS, SIDE ROCK SIDE

- 1&2 Kick right forward, step right beside left, point left toe to left side
3&4 Kick left forward, step left beside right, point right toe to right side
5&6 Hook right behind left knee, on ball of left - turn ¼ left, cross-step right over left
7&8 Rock left to left side, rock weight back onto right turning ¼ right, step left to left side

You're now facing the back wall (6:00 from original wall)

8-COUNTS OF SEPARATE "AWKWARD" HAND WORK

- 1 Raise right hand - palm facing forward at facial level (as in "Indian" 'how') bending from right elbow...with left hand gripping bottom of right arm just above the elbow joint on the inside (right forearm is vertical, left forearm is horizontal)
2 Bring right hand down & under left arm, back of right hand touches left wrist left hand moves up & over away from you ending back of left hand facing floor keeping back of right hand on left wrist with both palms facing up
3 Slide left hand towards you while moving right arm to right side ending with left hand grasping right elbow
&4 Right arm snake roll forward - while left arm snake rolls to right side (ending with left fingers touching crook of right elbow (on top))

- 5 Raise left hand - palm facing forward at facial level (as in "Indian" 'how') bending from left elbow...with right hand gripping the back of left wrist (left forearm is vertical, right forearm is horizontal)
- 6 With right hand pull left arm down ever so slightly while - folding left hand under right ending with left palm facing you try to keep left arm vertical & right arm horizontal and right hand locked on the outside of left wrist (in a right angle)
- 7 Keeping left arm in place, slide right hand down the length of left forearm until you reach the elbow (while clenching left fist)
- 8 Keeping hold of left elbow, raise right arm up slightly while - folding left hand/fist under right arm (ending with left arm completely straight pointing forward (fist clenched) and right forearm horizontal gripping left elbow (on top))
- & Drop both arms and relax

SIDE CHASSE, & TURN (½), SIDE CHASSE, SYNCOPATED JAZZ BOX, STEP-TURN-STEP (½-RIGHT)

- 1&2 Step right to right side, step left beside right, step right to right side
- & On ball of right hitch/raise left knee completing ½ turn over left shoulder
- 3&4 Step left to left side, step right beside left, step left to left side
- 5& Cross-step right over left, step back left starting ¼ turn right
- 6 Step right to right side completing ¼ turn right
- 7&8 Step left forward, pivot ½ turn right, step left beside right

WALKS BACK, BACK ROCK, RIGHT LOCK STEP, POINT-HITCH-STEP (½-RIGHT)

- 1-2 Walk back on right, left
- 3-4 Rock back on right, rock weight forward onto left
- 5&6 Step right forward, lock step left behind right, step right forward
- 7&8 Point left toe to left side, hitch/raise left knee, step left beside right

While performing counts 7&8, complete ½ turn on the spot over right shoulder

REPEAT

MUSIC BREAKS:

During the music you will "have" to leave out certain steps of the dance for it to fit properly.

1. Complete the first wall all the way through
 2. Complete the first 44 counts of the dance, then go straight to count 1
 3. Complete the remaining walls all the way through to the end of the song
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