

Destination: Dancefloor

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 2 級數:
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: Don't Stop Movin' - S Club 7



Sequence: AAA, B, SS, AA, B, AA, B(omitting counts 33-36), B, SSSS
Start dance facing back wall

PART A

FANCY FEET FOR 4, TOUCHES LEFT & TOGETHER, LEFT SIDE SHUFFLE

1&2 Cross rock right foot over left, recover weight on left foot, step right foot together
&3&4 Step left foot back, touch right heel forward, step right foot slightly back, touch left toes together
5-6 Touch left toes to left side, touch left toes together
7&8 Step left foot to left side, step right foot together, step left foot to left side

RIGHT SIDE TOUCH, ¼ RIGHT & RIGHT CROSS TOUCH, RIGHT FORWARD SHUFFLE, FANCY FEET FOR 4 TURNING ¼ RIGHT

1-2 Touch right toes to right side, turning ¼ right on left foot cross touch right toes over left
3&4 Step right foot forward, step left foot together, step right foot forward
5&6 Rock left foot forward, recover weight on right foot, step left foot together
&7&8 Step right foot back, touch left heel forward, step left foot ¼ right, touch right toes together

RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER, FUNKY FEET FORWARD! (USE YOUR IMAGINATION....)

1&2 Step right foot to right side, step left foot together, step right foot to right side
3-4 Rock left foot back, recover weight on right foot
5-6 Step left foot forward angling body to right diagonal, hold & click fingers
7-8 Step right foot forward angling body to left diagonal, hold & click fingers

LEFT FORWARD ROCK & RECOVER, ½ LEFT TURNING SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT, RIGHT KICK & APART

1-2 Rock left foot forward, recover weight on right foot
3&4 Turning ½ left step left foot forward, step right foot together, step left foot forward
5-6 Step right foot forward, pivot ½ left
7&8 Kick right foot forward, step right foot to right side, step left foot apart

PART B - CHORUS

"DON'T STOP" ARM MOVEMENTS, RIGHT COASTER STEP BACK, WALK FORWARD 2, LEFT COASTER STEP FORWARD

1 Raise right arm to shoulder level pointing right index finger forward (on the word "don't")
2 Turn ¼ right swiveling heels ¼ left and press palm of right hand forward (on the word "stop")

Weight is on left foot

3&4 Step right foot back, step left foot together, step right foot forward
5-6 Step left foot forward, step right foot forward
7&8 Step left foot forward, step right foot together, step left foot back

¼ RIGHT & RIGHT STRUT, LEFT CROSS SHUFFLE, RIGHT TOUCH HITCH TURN TURNING LEFT ¼ ¼, ½, STEP RIGHT APART

1-2 Turning ¼ right on left foot touch right toes to right side, drop right heel down
3&4 Cross step left foot over right, step right foot to right, cross step left foot over right
5& Touch right toes to right side, hitch right knee turning ¼ left on left foot

- 6& Touch right toes to right side, hitch right knee turning $\frac{1}{4}$ left on left foot
7&8 Touch right toes to right side, hitch right knee turning $\frac{1}{2}$ left on left foot, step right foot apart

REPEAT B COUNTS 1-14, RIGHT SIDE TOUCH, RIGHT HITCH TURNING $\frac{1}{2}$ LEFT, RIGHT SIDE TOUCH

- 1-14 Repeat counts 1-14
7&8 Touch right toes to right side, hitch right knee turning $\frac{1}{2}$ left on left foot, touch right toe to right side

RIGHT & LEFT SYNCOPATED CROSS ROCKS & RECOVER

- 1&2 Cross rock right foot over left, recover weight on left foot, step right foot right
3&4 Cross rock left foot over right, recover weight on right foot, step left foot left

PART S

RIGHT FORWARD, $\frac{1}{2}$ LEFT PIVOT, RIGHT & LEFT APART, HOLD & CLAP ABOVE HEAD, THE "S" WIGGLE!

- 1-2 Step right foot forward, pivot $\frac{1}{2}$ left
&3-4 Step right foot apart, step left foot apart, hold & clap hands above head
5-8 With hands clasped together snake arms down making an "S" shape (for S Club 7!) while bending knees & wiggling hips (Weight ends on left foot)
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