

Deshney

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Advanced
編舞者: Raymond Sarlemijn (NL)
音樂: 2000 Watts - Michael Jackson



In Memorial To My Best Friend

STEP OUT, KICK, KICK AND POSE

1 Rock right to side

Bend your knees inward and bend your left arm in front of your shoulder and your right arm is straight to the right side

& Hold

Bend your knee to the outside bend your right arm in front of your shoulder and stretch your left arm to the side and keep it straight.

2 Hold

Bend your knee to the inside bend your left arm in front of your shoulder and your right arm is straight to the right side

3 Hold

Bend your knee to the outside bring your left hand to your hip and your right hand next to your head & right hand to your hip and your left hand next to your head

&4 Recover to left, stomp/touch right together

Bring your left hand to your hip and your right hand next to your head

5 Kick right forward

Hold your arms next to your body

&6 Step right together, kick left forward

7&8 Rock right forward, recover to left, turn ¼ right and step right together

Hold your both arms above your head and stretch it

STAND, BOUNCE, HOPPING AROUND

1 Step out on both

While doing this, bend your knees to the outside. Bounce your both shoulders to the inside

& Hold

Bend your knees to the inside bounce your shoulder to the back

2 Hold

Bend knees straight bounce your shoulders natural

3 Step out on left

Bring your left shoulder to the front & bring your right shoulder to the back

4 Hold

Bounce your left shoulder in the front

5 Slide right next to left

Bend your right arm in front of your body and stretch your left arm to the side

& Hop ¼ to the left

Hold your arm like no. 5

6 Hop ¼ to the left

Hold your arm like no. 5

& Hop ¼ to the left

Hold your arm like no. 5

7 Hop ¼ to the right

Bend your left arm in front of your body and stretch your right arm to the side

& Hop ¼ to the right

Hold your arms like no. 7

8 Hop ¼ to the right

Put your both arms next to your body

KICK BALL CHANGE, ¼ TURN, BOUNCE, ROBOT MOVE

1&2 Kick right forward, step right together, step left forward

Bring your right fist in front of your stomach and hold your left arm next to your hip

3 Turn ¼ to the right

Bring your right arm next to your face, hold your hand open & look to the left, while doing this pretend that your pushing your face to the left

& Hold

Bend, turn your knees to the inside

4 Turn to front

5 Step out on right

Pop chest in

& rock to left

6 recover to right

Pop chest out

7 Hold

Bend through your right knee and lean your back to the side bring your right arm in front of your body and left arm backwards

8 Weight to left

Chest forward. Arm movements follow your body

SLIDE TOGETHER, ROBOT MOVE, STEP OUT, STEP ¼ AND BOUNCE AROUND

1 Slide right next to left

Bring your left arm in front and your right arm to the back

2 Step out on your right

Hold your body backwards hold your arms like no. 1

3 Turn ¼ left

Keep your hands in front

4 Hold

Bend through your right knee and your body hanging to the side bring your right arm in front of your body and left arm backwards

5 Hold

Body roll to the left and make it bouncing and finish the body roll until count 8

6 Hold

7 Hold

& Stand on both legs

Put your right shoulder up

8 Stomp left next to right

Bring your left shoulder up & bring your right shoulder down

REPEAT

TAG

After 2 times you get a small break of 4 counts do whatever you want, but make it funky (free expression)

TAG

After the 4th time you get a break of 32 counts make robot moves

1 Step out on your right

2 Hold

3 Step out on your left

4 Hold

5 Step out on your right

6 ¼ turn to the left

7 Bend through your right knee and lean your body to the right

8 Slide your right next to your left

This you do 4 times

