

Dance All Night

COPPER KNOB
BY STEPHEN BATES

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Sobrielo Philip Gene (SG)
音樂: All Nite (Don't Stop) - Janet Jackson



SCUFF STEP STEP, HAND PUNCHES, HIP BUMPS, PADDLE POINT ¼ TURN, ½ TURN STEP

- 1&2 Scuff right forward, step right slightly to right, step left slightly to left
3 Legs stay apart (punch right hands down in between of legs)
& Legs still apart (punch left hands down in between of legs)
4 Jump and close feet together and hands bring up toward chest level fist clenched and elbows bend and up at chest level
5 Hip bump left (hands up fist clenched at face level and elbows bend punching right up and elbowing left down),
& Hip bump right (hands still at face level and elbows bend punch left up and right elbowing down)
6- Hip bump left (hands still at face level and elbows bend punch right up elbowing left down)
7&8 Make ¼ turn left pointing right to right, hitch right and turn ½ turn left, step right down to right, (feet apart)

HANDS MOVEMENTS, SITTING POSITION, SIDE BODY ROLL COMING UP, MOVING SHOULDER POPS

Doing this next 8 feet are always apart

- 1 Touch right onto left shoulder and touch left onto right shoulder (hands cross right over left)
& Touch right onto right shoulder and touch left onto left shoulder
2 Bending knees onto sitting position and slap hands onto respective laps
3-4 Do a side body roll to the right slowly coming up half way, do another side body roll to the left fully standing up (weight on the left)
5&6&7&8 Doing shoulder pops slowly transferring weight and body from left to right (starting with right shoulder pop up and left down on count 5)

TOE SWITCHES WITH ¼ TURN KICK, STEP, POINT ½ TURN, PADDLE POINT ¼ TURN

- &1 Step left beside right, point right to far right, (left leg slightly bend and pressing right hand down in between legs with palm facing down)
&2 Step right beside left, point left to far left, (right leg slightly bend and pressing left hand down in between legs with palm facing down)
&3-4 Making ¼ turn left step left beside right, point right back, kick right forward
&5-6 Step right beside left, point left back, turn ½ turn left and transfer weight onto left (snap fingers)
7&8 Making ¼ turn left point right to right, hitch right and turn ¼ turn left, point right to right

CROSS AND HEEL MOVING FORWARD, CROSS, CLAP, UNWIND BOUNCE ½ TURN

- 1&2 Step right forward crossing over left, step back on left, dig right heel forward
& Step right forward and down
3&4 Step left forward crossing over right, step back on right, dig left heel forward
&5-6 Step left forward, cross right over left, clap hands
7-8 Unwind ½ turn left with two bounce (weight on left)

ROLL HANDS, PUNCH DOWN, TOUCH HITCH TOUCH, MAMBO ¼ TURN

- 1& Roll hands at chest level (like Saturday Night Fever)
2 While bending body a little forward, touch right behind left and punch right across and in front to left side
3& Step right down and roll hands at chest level (like Saturday Night Fever)

- 4 While bending body a little forward, touch left behind right and punch left across and in front to right side
- 5&6 Point left to left, hitch left behind of right and using right hand slap left leg, touch left beside right
- 7&8 Rock left to left, making $\frac{1}{4}$ turn left replace weight onto right, step left beside right (weight on both feet)

JUMP JACK, SIDE BODY ROLL STEP, HAND MOVEMENT, CLOSE FEET

- 1&2 Jump and open feet apart, jump and close feet together, jump and open feet apart, (weight on left)
- 3&4 Side body roll to the left, step right beside left, step left to left
- 5&6 Side body roll to the left, step right beside left, step left to left
- 7& Punch right hand forward to left side, punch left hand forward to right across right hand
- 8 Jump and close feet together (hands bring towards chest level right cross over left fist clenched)

When starting the dance of counts 1&2 hands should be at the position of count 8

REPEAT

This dance is dedicated to two friends for mine Yang Wei Zhen and his girl friend Sim Shin Hui Lois for helping me to get this album. And to tell them not to worry as long as I am around
