

California Hip Hop

COPPER KNOB
BY STEPHEN

拍數: 96 牆數: 4 級數: Advanced
編舞者: David A. West (USA)
音樂: Strike It Up - Black Box



SHOULDER SNAKE LEFT, 2, SHOULDER SNAKE RIGHT, 4, HIP SWAY LEFT, RIGHT, LEFT, RIGHT

1-2 In place shift hips on to right while raising right shoulder (raising right side up slightly), start to bend knees as you swing hips down and onto left

Left shoulder will go down and start to make its way up and to left side like a snake

3-4 Start to bend knees as you swing hips down and right

Right shoulder will go down and start to make its way up and to the right side like a snake

5-8 Swing hips left, right, left, right (shoulder movements optional)

9-16 Repeat steps 1-8

SAILOR SHUFFLES, ½ TURN RIGHT, HOLD & CLAP, REPEAT

1-2& Left step side left, right step behind left pushing weight slightly right, bring left foot up and step down rapidly

3-4& Right step side right, left step behind right pushing weight slightly left, bring right foot up and step down rapidly

5-8 Left step side left, right hook behind left (weight center), unwind ½ turn right, hold & clap

9-16 Repeat steps 1-8

KICK, KICK, TRIPLE STEP, STEP FORWARD PIVOT, TURN TRIPLE STEP, REPEAT

1-2 Left kick forward, left kick side

3&4 Left hook step slightly behind right, right step back next to left, left step forward

5-6 Right step forward (shifting weight onto right), push off right into ½ pivot left (weight on left and centered)

7&8 Perform 1 full turn to the left stepping right, left, right (while traveling slightly forward)

9-16 Repeat steps 1-8

KICK & KICK & SLIDE, HOLD, KICK & KICK & SLIDE, HOLD, REPEAT

1& Left kick forward while hopping on right, hop on left next to right while bringing right leg up and back

2& Right kick forward while hopping on left, hop on right next to left while bringing left leg up and back

3-4 Pushing off right foot, left step side left, dragging right toe

5& Right kick forward while hopping on left, hop on right next to left while bringing left leg up and back

6& Left kick forward while hopping on right, hop on left next to right while bringing right leg up and back

7-8 Pushing off left foot, right step side right, dragging left toe

9-16 Repeat steps 1-8

WALK AROUND 2,3,4,5 TOGETHER, JUMP, JUMP

1-6 Walking in a wide circle to the left, step left, right, left, right, left, right step next to left

7-8 Jump both feet forward, jump both feet forward (arm thrusts optional)

LEFT OUT, IN, OUT-IN-OUT, RIGHT IN, OUT, IN-OUT-IN

1 (weight on left heel and right ball), move left toe left and right heel left, change weight to left ball and right heel

2 (weight on right heel and left ball) move left heel left and right toe left, change weight to right ball and left heel

- 3&4 Repeat counts 1-2 at double speed, completing 3 steps to left
5 (weight on left heel and right ball) move right heel right and left toe right, change weight to left ball and right heel
6 (weight on right heel and left ball) move right toe right and left heel right, change weight to right ball and left heel
7&8 Repeat counts 5-6 at double speed, completing 3 steps to the right

& SLIDE LEFT 2, 3, STOMP UP, & SLIDE RIGHT 2, 3, STOMP UP

- &1 Moving upward hopping on right and raising left knee (toe down), right step down while pushing weight left, left step side left shifting weight onto left
2-3 Drag right toe to left side for 2 counts
4 Stomp up right next to left (weight still on left)
&5 Moving upward hopping on left and raising right knee (toe down), left step down while pushing weight right, right step side right shifting weight onto right
2-3 Drag left toe to right side for 2 counts
4 Stomp up left next to right (weight still on right)

¼ TURN STEP LEFT, STEP PIVOT, STEP PIVOT, STEP PIVOT, STEP TOGETHER

- 1-8 ¼ left turn and step left, step forward right, push off right into ½ pivot left onto left foot (perform step pivot turn 3 times), right step side left (slightly apart)

REPEAT
