

Boys Are Back!

COPPER KNOB
BY STEPHEN

拍數: 96 牆數: 2 級數: Improver
編舞者: Anne Harris (UK) & Steve Yoxall (UK)
音樂: Boys Are Back In Town - Bus Boys



Position: Start facing rows and in gaps, quite close so that you pass through the other row when doing the grapevines

SHIMMY RIGHT, LEFT; 'ACE'

- 1&2 Step right to right side as you shimmy shoulders
- 3&4 Transferring weight on to left shimmy shoulders to left side
- 5 With feet still apart and moving upper body only 'dip' right shoulder forward
- 6 Dip left shoulder forward
- 7 Take left shoulder back as you start to straighten body
- 8 Straighten body fully as you take right shoulder back (hands on front of thighs and moves are similar to the old Status Quo moves!)

SHIMMY RIGHT, LEFT; 'ACE'

- 1-8 Repeat above 8 counts

RIGHT SIDE SHUFFLE; ROCK; RECOVER; LEFT SIDE SHUFFLE; ROCK; RECOVER

- 1&2 Step right to right side, close left beside right, right to right side
- 3-4 Rock back on to left toe, recover weight forward on to right
- 5&6 Step left to left side, close right beside left, left to left side
- 7-8 Rock back on to right toe, recover weight forward on to left

RIGHT VINE WITH ¼ TURN, LEFT VINE WITH STOMP

- 1-2 Right step to right side, left cross behind right
- 3-4 Making ¼ turn right step forward on right, left touch beside right
- 5-6 Left step to left side, right cross behind left
- 7-8 Left step to left side, right stomp in place (feet apart)

MACARENA

- 1-2 Place right arm forward with palm down. Left arm forward with palm down
- 3-4 Turn right hand over (palm up), turn left arm over (palm up)
- 5-6 Place right hand on to left shoulder, place left hand on to right shoulder
- 7-8 Place right hand on right buttock, place left hand on left buttock (these moves should all be done with feet apart and loads of 'attitude!')

HIP ROLLS MAKING ¼ TURN LEFT, HIP BUMPS

- 1-4 Rolling hips to the left make ¼ turn left over 4 counts
- 5 Step right slightly to right side as you bump hips right
- 6 Stepping in place with left (keep feet apart) bump hips left
- 7 Stepping in place with right (keep feet apart) bump hips right
- 8 Stepping in place with left (keep feet apart) bump hips left

SIDE, BEHIND, SIDE, SIDE, BEHIND, ¼ TURN, STOMP, HOLD

- 1-2-3 Right step to right side, left cross behind right, right to right side
- 4-5 Left step to left side, right cross behind left
- 6-7 Make ¼ turn left as you step forward left, stomp right to right side
- 8 Hold

BEHIND, SIDE, SIDE, BEHIND, ¼ TURN, STOMP, STOMP, HOLD

- 1-2-3 Left cross behind right, right to right side, left to left side
- 4-5 Right behind left, make ¼ turn left as you step forward left
- 6-7 Stomp right to right side, stomp left in place (feet apart)
- 8 Hold

TOE STRUT JAZZ BOX WITH FINGER SNAPS

- 1-2 Step right toe across front of left, step down and place weight on right heel
- 3-4 Step back on left toe, place weight on left heel
- 5-6 Step right toe to right side, place weight on right heel
- 7-8 Step left toe forward (into open 5th position), place weight on left heel (snap fingers with attitude as you place weight on heels)

RIGHT SIDE SHUFFLE; ROCK; RECOVER; LEFT SIDE SHUFFLE; ROCK; RECOVER

- 1&2 Step right to right side, close left beside right, right to right side
- 3-4 Rock back on to left toe, recover weight forward on to right
- 5&6 Step left to left side, close right beside left, left to left side
- 7-8 Rock back on to right toe, recover weight forward on to left

TOE STRUT JAZZ BOX WITH FINGER SNAPS

- 1-2 Step right toe across front of left, step down and place weight on right heel
- 3-4 Step back on left toe, place weight on left heel
- 5-6 Step right toe to right side, place weight on right heel
- 7-8 Step left toe forward (into open 5th position), place weight on left heel (snap fingers with attitude as you place weight on heels)

RIGHT SIDE SHUFFLE; ROCK; RECOVER; LEFT SIDE SLIDE WITH TOUCH

- 1&2 Step right to right side, close left beside right, right to right side
- 3-4 Rock back on to left toe, recover weight forward on to right
- 5 Take long step to left side
- 6-7 Drag right towards left over 2 counts
- 8 Touch right beside left

REPEAT

THE ENDING

After 3 complete repetitions of the dance start again from the toe strut / jazz box (count 65) and you will end the dance with a flourish on count 96!
