

Bootylicious

COPPER **KNOB**
BY STEPHEN

拍數: 112 牆數: 2 級數:
編舞者: Sharon May (UK)
音樂: Bootylicious - Destiny's Child



TOE TOUCHES FORWARD, HEEL LIFT, ¼ TURN TOE TOUCHES FORWARD, HEEL LIFT

- 1& Touch right toe forward, bring right foot back in to place, transferring weight on to right foot
2& Touch left toe forward, bring left foot back in to place, transferring weight on to left foot
3&4 Place right foot forward, keeping weight on both feet, raise up on to balls of feet lifting heels up, lower heels
&5 Bring right foot back in to place making ¼ turn over left shoulder and transferring weight on to right foot, touch left toe forward
&6 Bring left back in to place, transferring weight on to left foot, touch right toe forward
&7 Bring right foot back in place, transferring weight on to right foot, touch left toe forward
&8 Keeping weight on both feet, raise up on to balls of feet lifting heels up, lower heels

TOE TOUCHES FORWARD, BACK TOUCH, ½ TURN WITH SHOULDER SHRUGS, ½ TURN BACK WITH SHOULDER SHRUGS

- &9 Put left foot back in to place, weight on left foot, touch right toe forward
&10 Place right foot back in place, touch left toe forward
&11 Place left foot back in place, touch right toe forward
12 Lift the right foot up and place behind
13&14 Pivot ½ turn over right shoulder, at same time shrug shoulders three times
15&16 Pivot ½ turn back over left shoulder, at same time shrug shoulders three times

Styling: When making ½ turn over right shoulder, slightly bend knees. Straighten knees on return ½ turn

KICKS & TOUCHES, ½ TURN, KICKS, TOUCHES, STEP IN PLACE

- 17&18 Kick right foot forward, bring back in to place, weight on right foot, touch left toe out to left side
19&20 Kick left foot forward, make ½ turn over right shoulder stepping left, right
21&22 Repeat 17&18
23&24 Kick left foot forward, bring back in to place, touch right toe in place

STEP TO SIDE, SLIDE WITH SHIMMIES, 1 ¼ TURN, TOUCH IN PLACE

- 25 Step right foot out to right side
26-28 Slide left foot next to right foot for 3 counts, shimmy at same time
29-32 Turn 1 ¼ turns over left shoulder, stepping left, right, left, right in place

KICKS & TOUCHES, ½ TURN, KICKS, TOUCHES, STEP IN PLACE, STEP TO SIDE, SLIDE WITH SHIMMIES, 1 ¼ TURN, TOUCH IN PLACE

- 33-48 Repeat counts 17-32

CHA-CHA STEPS BACKWARDS 4 X LEFT FOOT IN PLACE

- 49&50 Cha-cha back, right, left, right (angle body slightly diagonal to right)
51&52 Cha-cha back, left, right, left (angle body slightly diagonal to left)
53&54 Cha-cha back right, left, right, (angle body slightly diagonal right)
55&56 Cha-cha back left, right, then step left in place next to right foot face forward

SIDE STEPS (CUBAN HIPS) SKATE, SIDE STEPS (CUBAN HIPS) LEFT ¼ TURN

- 57&58 Step right foot out to right side, step left next to right, step right foot out to right side
&59 Step left foot next to right, step right foot out to right side
60 Skate left on spot

- 61&62 Twist body back from skate & step right foot out to right side, step left foot next to right foot, step right foot out to right side
&63 Step left foot next to right foot, step right foot out to right side, weight on right foot
64 Raise left foot and step making ¼ turn over left shoulder

MOVING FORWARD THRUSTS

- 65&66 Weight on left foot, touch right toe in front, while thrusting hips forward at same time bring right foot back, place at side of left foot but slightly forward
67&68 Weight on right foot, touch left toe in front, while thrusting hips forward at same time bring left foot back, place at side of right foot but slightly forward
69&70 Repeat counts 65&66
71-72 Weight on right foot, touch left toe in front, thrusting hips forward at same time place left foot next to right foot

Styling tip when thrusting hips forward clench fists in front & pull both arms back past your hips at same time. Imagine you are grabbing 2 handles and are pulling yourself between them hips first!

1 ½ TURNS OVER RIGHT SHOULDER, PRAY & BEND WITH BOUNCES

- 73-76 Turn 1 ½ turns over right shoulder, stepping right, left, right, left foot in place
77&78 Hold hands in prayer position at chest height, bend over from waist shrugging shoulders three times
79&80 Raise up, shrugging shoulders three times

SIDE STEP, KNEE BENDS, RAISE ARM & POINT

- &81 Step right foot out to right side, shoulder width apart, placing weight on right toe with toe facing right, bend right knee slightly forward, turn knee out
82-83 Turn knee in, turn knee out
84-86 Face head towards right, at the same time, raise right arm up and out to right side and point finger, turn head to look left, hold for 1 count
87-88 Slide right foot next to left foot over 2 counts, look forward as you start to slide

Styling tip: optional side body roll left over last 2 counts

SIDE STEP, KNEE BENDS, RAISE ARM & POINT

- 89-96 Repeat counts 81-88

MOVING FORWARD THRUSTS,

- 97-104 Repeat counts 65-72

WALKS BACK WITH SHIMMIES, 4 PADDLE TURNS OVER LEFT SHOULDER (MAKING FULL TURN)

- 105-108 Walk back, with shimmies, right, left, right, left in place
&109 Weight on left foot, raise right knee up, then down, making ¼ turn over left shoulder
&110 Repeat counts &109
&111 Repeat counts &109
&112 Repeat counts &109

REPEAT

FINISH

After the 3rd time through the dance, there are 6 counts left for you to go wild and express yourself!
