

Black Kryptonite

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Kelly Cavallaro (USA), Jason Cruz & Curtis "Hoss" Marting (USA)
音樂: Black Suits Comin' (Nod Ya Head) - Will Smith & TRÂ-Knox



Sequence: A-BB-C-BB-C-BB-C-A

PART A

1& Shrug right shoulder up & left shoulder down, shrug left shoulder up & right shoulder down
2& Shrug both shoulders back, shrug both shoulders forward
3&4 Step right foot forward, bending knee in and out
5& Shrug right shoulder up & left shoulder down, shrug left shoulder up & right shoulder down
6& Shrug both shoulders back, shrug both shoulders forward
7&8 Step left foot forward, bending knee in and out
1-8 Step forward right, left, right, do a ½ turn to left, repeat this pattern again
1-3 Step right, left behind, right
&4 Kick left foot out touching left heel, cross right over left
5-7 Step left, right behind, left
&8 Kick right foot out touching right heel, cross left over right

1-2 Step side right, recover
3&4 Step right behind left, step side left, cross/step right in front of left
5-6 Step side left, recover
7&8 Step left behind right, step side right, cross/step left in front of right

PART B

1&2-3&4 Do a right kick ball change, twice
5&6 Rock forward on your right, rock back on your left
7&8 Shuffle right, left, right while doing a ½ turn to your right

1-2 Step side left, recover
3&4 Step left behind right, step side right, cross/step left in front of right
5-6 Step side right, recover
7&8 Step right behind left, step side left, cross/step right in front of left

1-2 Do a ½ turn to the left, clap
3&4 Hip roll to the left
5&6&& Kick right foot forward, recover, kick left foot forward, recover
7&8&& Kick right foot out to right side, recover, kick left foot out to left side, recover

1-4 Kick right foot out to right side, hook right behind left, do a ½ turn to right, clap
5-8 Stomp right, hold, stomp left, hold

PART C

1-4 Step side right while bending right knee, shimming hips and nodding your head
5&6-7&8 Do a left sailor shuffle, do a right sailor shuffle
1-4 Step side left while bending left knee, shimming hips and nodding your head
5&6-7&8 Do a right sailor shuffle, do a left sailor shuffle

1-2 Bend right knee in, turn right knee with ¼ turn to right
3&4 Shuffle forward right, left, right

5&6 Cross rock left over right, recover on right, step left to left side
7&8 Cross rock right over left, recover on left, step right to right side

1-4 Do a $\frac{1}{4}$ left leg fire hydrant turn with attitude to the right, touch left toe on count 4
&5&6 Jump apart - left, right, jump back together - crossing right over left
7-8 Do a $\frac{1}{2}$ turn to the left, clap
