

Arch Rival

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4
編舞者: Katrina Robinson (USA)
音樂: Enemy - Days of the New

級數: Intermediate/Advanced



ROCK STEP, STEP SLIDE, POINT OUT, FRONT, 1 ¼ TURN LEFT

- 1&2 Rock left foot over right, step back on right foot, step left foot next to right
- 3-4 Step right foot diagonally to the right, slide left foot to meet right
- 5-6 (Bending left knee for both counts), point left foot out to the left (toe is pointing toward wall on the left), bring left foot in slightly and point toe to the front
- 7&8 Step left foot ½ turn to the left, step right foot ½ turn to the left, step left foot ¼ turn to the left

STOMP, ROLL, COASTER STEP (RIGHT), STEP, HITCH

- 1-2 Stomp right foot forward, hold
- 3-4 Roll hips to the left, ending with weight on left foot
- 5&6 Step right foot back, step left foot next to right, step right foot forward
- 7-8 Step left foot forward, raise right knee

POINT, SLIDE, FUNKY FOOTWORK

- 1-2 Point right toe to the right, while making a ¼ turn to the right, slide right foot back to home (weight is on both feet.)
- 3&4 Traveling to the right: split heels, split toes, split heels
- 5&6 Traveling to the left: split toes, split heels, split toes.

Styling: punch both arms straight out with right wrist crossing over left, retract arms to the body making a "T" shape with your elbows facing out, slap arms down to thighs

- 7 Traveling to the right: split heels
- 8 Traveling to the left: split toes. (weight ends on right foot.)

ROCK STEP, CROSS-BACK-SIDE, TURN, TOUCH, OUT-IN-OUT

- 1&2 Rock left foot over right, step right foot in place, step left foot next to right
- 3&4 Cross right foot over left, step left foot back, step right foot to the side
- 5-6 Turning ¼ turn to the right, step left foot in front of right, touch right foot next to left
- 7&8 Touch right foot out, touch right foot next to left, touch right foot out

Styling: push chest out, retract, push chest out

TOGETHER, SLAP, HIPS, ROLL UP, ROCK FRONT & BACK

- 1-2 Step right foot together, slap thighs with both hands
- 3&4 Bump hips left-right-left
- 5-6 Backwards body roll. (hips to chest to head)
- 7&8 Rock right foot front, step left foot in place, rock right foot back

Styling: snap fingers to the front on count 7-8. (weight is now on right foot)

REPEAT