

Atomic 2000

COPPER **KNOB**
BY STEPHEN METZ

拍數: 32 牆數: 4 級數:
編舞者: Dave Hook (UK) & Corinne Hook
音樂: Atomic - Blondie



Start after the 3 blind mice bit of "Atomic"

FORWARD SHUFFLES, LEFT, RIGHT

1&2 Shuffle forward (left-right-left)
3&4 Shuffle forward (right-left-right)

TRIPLE ½ TURN RIGHT, RIGHT SAILOR SHUFFLE

5&6 ½ turn right triple stepping left, right, left
7&8 Step right behind left, step left beside right, step right beside left

LEFT SAILOR SHUFFLE, ROCK STEP

9&10 Step left behind right, step right beside left, step left beside right
11 Rock back on right
12 Replace weight onto left

FORWARD SHUFFLES, RIGHT, LEFT

13&14 Shuffle forward (right-left-right)
15&16 Shuffle forward (left-right-left)

TRIPLE ½ TURN LEFT, LEFT SAILOR SHUFFLE

17&18 ½ turn left triple stepping right, left, right
19&20 Step left behind right, step right beside left, step left beside right

RIGHT SAILOR SHUFFLE, ROCK STEP

21&22 Step right behind left, step left beside right, step right beside left
23 Rock back on left
24 Replace weight onto right

TURNING WALK (POINTING OPTIONAL-ARMS BENT AT ELBOW)

25 Step forward left (point left hand index finger forward-shooting 1 gun)
26 Hold
27 Step right into ¼ turn left (point both index fingers forward-shooting 2 guns)
28 Hold
29 Pivot ½ turn left on ball of right (bend arms up and point both thumbs back towards shoulder)
30 Hold
31 Pivot ½ turn right on ball of left (point both index fingers forward-shooting 2 guns)
32 Hold

REPEAT

If the music is slow or funky then the shuffles become more cha-cha like.