

Against The Music

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 4 級數: Advanced
編舞者: Masters In Line (UK)
音樂: Me Against the Music (feat. Madonna) - Britney Spears : (Album: In The Zone)



RIGHT SHUFFLE, ROCK ½ TURN LEFT, ¼ SCUFF, HITCH STEP, BUMP, SAILOR ¼ LEFT

1&2 Step right forward, step left next to right, step right forward
3&4 Rock forward on left, recover weight on to right, ½ turn left stepping forward on left
5&6& ¼ turn left scuffing right foot, hitch right, step down to side on right, bump hip right taking weight
7&8 Sweep left round making ¼ turn left, step right next to left, step left next to right

RIGHT HEEL, LEFT HEEL, STEP, TURN, TOUCH, OUT, IN, BACK, BACK, POP

1&2 Touch right heel forward, step right next to left, touch left heel forward
&3-4 Step left next to right, step right forward, pivot ½ turn left
5&6 Touch right toe forward, swivel right heel out, swivel right heel in
&7-8 Step right back, step left back shoulder width from right, pop right knee in

¼ SWEEP, BEHIND & CROSS SHUFFLE, ROCK & CROSS, SIDE, ½ TURN, STEP

1-2& Sweep right round ¼ turn right, step right behind left, step left to left side
3&4 Cross right over left, step left beside right, cross right over left
5&6 Rock out to left side on left, recover weight onto right, cross left over right
&7-8 Step ¼ left stepping back on right, step ¼ turn left stepping left big step to left. Step right next to left

POINT & POINT, HITCH, STEP, POINT, CROSS & HEEL & CROSS UNWIND

1&2 Point left to left side, step left next to right, point right to right side
&3-4 Hitch right knee, step right next to left, point left to left side
5&6 Cross left over right, step right slightly back behind left, touch left heel forward
&7-8 Step left next to right, cross right over left, unwind ½ turn left (weight on left)

SKATE, SKATE, RIGHT SHUFFLE, KICK, STEP, TAP, STEP, ¾ TURN (LEFT)

1-2 Skate forward on right, skate forward on left
3&4 Step right into right diagonal, step right beside left, step right into right diagonal
5&6& Kick left into right diagonal, step slightly back on left, tap right toe behind left heel, step down on right
7-8 ¼ turn left on left, ½ turn left stepping right to right side

SIDE ¼ TURN, ROCK, RECOVER, SIDE ¼ TURN, STEP, ¾ PIVOT, SIDE, ROCK, RECOVER, SIDE, TOUCH

1-2& ¼ turn left stepping left to left side, rock back on right, recover weight onto left
3-4& Step right to right side making ¼ turn right, step left forward, ¾ pivot right
5-6& Step left to left side, rock back on right, recover weight onto left
7-8 Step right to right side, touch left beside right

SKATE, SKATE, LEFT SHUFFLE, KICK, STEP, TAP, STEP, ¾ TURN (RIGHT)

1-2 Skate forward on left, skate forward on right
3&4 Step left into left diagonal, step right beside left, step left into left diagonal
5&6& Kick right into left diagonal, step down on right, tap left behind right heel, step down on left
7-8 ¼ turn right on right, ½ turn right stepping left to left side

SIDE, ROCK, RECOVER, ¼ TURN, ¾ TURN, ROLL KNEES, RIGHT, LEFT, RIGHT, LEFT

- 1-2& ¼ turn right stepping right to right side, rock back on left, recover weight on to right
3-4& ¼ turn on to left, step forward on right, ¾ turn left on left
5-6 Roll right knee stepping onto right, roll left knee stepping onto left
7-8 Roll right knee stepping onto right, roll left knee stepping onto left

REPEAT
