

Big Blonde And Beautiful

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Michele Burton (USA)
音樂: Big, Blonde and Beautiful - Queen Latifah : (CD: Hairspray Soundtrack to the Motion Picture 07)



- A KICK, CROSS BALL CHANGE, KNEE LIFT, STEP, CHASE TURN, STEP FORWARD**
- 1 Flick kick L foot to the side (kick with gusto & point your toe) Option: Touch toe to L instead of kick
- 2&3 Cross L foot in front of right; Step ball of R foot to right; Recover wt. to L foot
- 4 Lift R knee (to left diagonal covering L knee, with R foot beside L calf ? point toe ? lower body turns to left diagonal)
- 5 Cross R foot forward in front of L foot (11:00)
- 6&7 Step forward on L foot; Turn ½ right, shifting wt. to R foot; Step forward on L foot (5:00)
The ?chase? feel: Step forward on ball of L; Turn ½ R, stepping ball of R beside L; Step forward on L (more difficult)
- 8 Step forward on R foot, squaring up to 6:00 wall (this is subtle, giving attitude to the minor directional change)
- B BIG STEP TOUCH, SIDE TRIPLE, ¼ TOGETHER ¼ (TRIPLE), ½ TURN L, STEP BACK TOUCH**
- 1 - 2 Big step forward on L foot, allowing R foot to slide forward; Touch R foot beside L foot
- 3 & 4 Step R foot to right; Step L foot beside R foot; Step R foot slightly back to right diagonal
- 5 & 6 Turn ¼ left on ball of R foot, stepping L foot to left; Step R foot beside L foot; Turn ¼ left, stepping forward on L foot
- 7 & 8 Turn ½ left, stepping back on R foot; Step back on L foot; Pop R knee (good place for a little pose) (6:00)
- C STEP, KICK BALL FORWARD, KICK BALL, FORWARD ¼ TURN HIP ROLL, FORWARD ¼ TURN HIP ROLL**
- 1 Step R foot forward
- 2&3 Kick L foot forward; Step ball of L foot beside R foot; Step R foot slightly forward
- 4& Kick L foot forward; Step ball of L foot beside R foot;
- 5 ? 6 Step R foot forward; Turn ¼ left, rolling hips CCW, shifting wt. to L foot (3:00 wall)
- 7 ? 8 Step R foot forward; Turn ¼ left, rolling hips CCW, shifting wt. to L foot (12:00 wall)
- D STEP TOUCH, & HEEL & CROSS, STEP HEEL & CROSS, & ¼ CROSS, & 1/8 CROSS (Vaudeville steps)**
- 1 ? 2 Step forward on R foot; Touch L foot behind R heel
- &3&4 Step L foot to left back diagonal; Touch R heel forward; Step R foot to right; Cross L foot in front of R foot
- &5&6 Step R foot to right back diagonal; Touch L heel forward; Step L foot to left; Cross R foot in front of L foot; (look over right shoulder as you are beginning to prepare for the ½ turn)
- &7 Step L foot to forward left diagonal; Turn ¼ right, stepping R foot in front of L foot (3:00)
- &8 Step L foot to left; Turn 1/8 right, stepping R foot in front of L foot (5:00)

To begin the dance again, the kick will square you up to your new wall.

This music is open to tons of interpretation and style?.be a free spirit?stylize it as you see fit

BEGIN AGAIN

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