

I Like The Way U R, I R

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Josie Lim (MY) - August 2007
音樂: The Way I Are (Remix) (feat. Francisco & Keri Hilson) - Timbaland



Intro: 64 counts or 32 counts from heavy beat

R TOE INSTEP, R KNEE ROLL OUT, KICK BALL CROSS, SQUAT, RISE-UP, HEELS DOWN, LOOK LEFT, LOOK FRONT

1, 2 Touch R toe In-step, bend R shoulder in, Roll R knee out (no weight)
3&4 Kick R forward, step R slightly back, cross L over R
5, 6, 7 Squat, Rise up on ball of both feet, step both L and R heels down
&8 Look left, Look front

LUNGE R, RECOVER, WEAVE, 1/4L, 1/2 L, UNWIND 1/2 R, HAND PUNCHES

1 Lunge to R on R (bend R knee-lift R shoulder)
2 Recover onto L - Kick R to R (lower R shoulder)
3&4 Step R behind L, step L to L, Cross step R over L
5, 6 Turn ¼ L step L forward, Turn ½ L on R back (wt on R)
7 On ball of both feet Turn ½ R transfer weight onto L (9:00)
&8 Punch R arm down and across to L side of body, punch L arm down and across to R side of body

WALK BACK, FUNKY PONY SHUFFLES, BACK ROCK, RECOVER

1-2 Walk back on R, Walk back on L
3&4 Step R back on ball of R, Step ball of L in place, Step back R in place
5&6 Step L back on ball of L, Step ball of R in place, step L back in place
7, 8 Rock back on R, Recover onto L

SIDE R, CROSS L, 1/4L, SIDE L, CROSS R, 1/4 L, SIDE L, KNEE ROLL

1-2 Slide R to R, Slide L across R
3-4 Turn 1/4L slide R back, slide L to L (6:00)
5-6 Slide R across L, Turn 1/4 L, Slide L to L (3:00)
7-8 Roll R knee out , Roll L knee out

RESTART
