

I Love My Chick

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: José Miguel Belloque Vane (NL) & Roy Verdonk (NL) - December 2006
音樂: I Love My Chick - Busta Rhymes



WALKS R/L , OUT/OUT , APPLE JACKS LEFT (2 X) , HITCH , SLIDE RIGHT , HOLD & CROSS

1& RF walk forward , LF walk forward (&)
2& RF step out to right , LF step out to left (&)
3 swivel left toes toe left , whilst pushing right heel in
& swivel both feet back to center (feet shoulderwidth apart)
4& repeat 3& , end with weight on LF
5 hitch right knee in front of left leg
6 RF slight to right side
7 hold
& LF step next to RF
8 RF cross in front of LF
Optional: you can bounce shoulders to right , while doing apple jacks

UNWIND FULL TURN LEFT , BEND KNEES , JUMP R/L/R , SLIDE LEFT , STEP TOGETHER, JUMPS WITH 1/4 TURN LEFT

1 unwind , full turn left on ball of both feet
2 place hands on knees (elbows out) , whilst bending slightly forward
3 jump with both feet together (small jumps) to right
& jump to left
4 jump to right
Note: hands are still on knees whilst jumping
5 LF slide to left side
6 RF step next to LF
7 jump with both feet slightly to left
& repeat count 7
8 repeat count 7 , but turn 1/4 left as well on this last jump (end facing 9 o'clock , weight ends on LF)

JUMP FORWARD ON R , KICK FORWARD / BACK L HITCH WITH 1/2 TURN LEFT , L STEP FORWARD , R TOUCH NEXT TO L , FULL TURN FORWARD (R/L) , BODY SHAKE

1 jump forward on RF (lean slightly forward)
& LF kick forward
2 LF kick forward
& turn 1/2 left on ball of RF , whilst hitching left knee up (end facing 3 o'clock)
3 LF step forward
4 RF touch next to LF
5 make 1/2 turn left stepping RF backward
6 make 1/2 turn left , steppin LF forward (facing 3 o'clock)
7 RF , touch next to LF , whilst shaking upperbody
& shake upper body
8 shake upper body

LEANS WITH KNEE BUMPS (4X) , WITH 1/4 TURN RIGHT

1 RF step backwards , (lean slightly backwards with upperbody whilst popping left knee up
2 pop left knee up
& make 1/4 turn right on ball of RF , (facing 6 o'clock)
3 LF step out to left , whilst popping right knee up (lean slightly to left with upperbody)
4 pop right knee up
5 - 8 repeat counts 1 to 4 , but without the 1/4 turn so you will begin the dance to 6 o'clock wall

