

Space Ride

COPPER KNOB
STEPPERS

拍數: 0 牆數: 2 級數: Advanced
編舞者: Dan McInerney (UK) - September 2007
音樂: She Wants To Move - N.E.R.D. : (Album: Fly or Die)



Starts: After 32 counts, on the words "She makes me think..."

Pattern: A, B, A, B, A*, B, B, A

SECTION A - SMOOTH

TURN STEP, TURN STEP, TURN STEP, CROSS STEP

- 1, 2□ Turning 1/4 R, step ball of L foot to L side, smoothly drop the L heel in place (03:00)
- 3, 4□ Turning 1/4 R, step ball of R foot to R side, smoothly drop the R heel in place (06:00)
- 5, 6□ Turning 1/4 R, step ball of L foot forward, smoothly drop the L heel in place (09:00)
- 7, 8□ Turning 1/4 R, step ball of R foot across L, smoothly drop the R heel in place (12:00)

SIDE, DRAG, ROCK, RECOVER, PIVOT TURN, BUMP AND BUMP

- 1, 2□ Step L to L side, drag R towards L
- 3, 4□ Rock R foot back, recover weight forward onto L
- 5, 6□ Step R foot forward, pivot 1/2 turn L taking weight onto L (06:00)
- 7&8□ Stepping R to R side bump hips R, bump hips L, bump hips R

STEP, DRAG, STEP, CROSS, HIP ROLL, HIP ROLL

- 1, 2□ Turning 1/4 turn L step forward onto L, drag R towards L (03:00)
- 3, 4□ Step R foot forward, making 1/4 turn L cross L foot over R (12:00)
- 5, 6□ Step R to R front diagonal, roll hips anti-clockwise as you make 1/4 turn L (weight ends on L) (09:00)
- 7, 8□ Step R to R front diagonal, roll hips anti-clockwise as you make 1/4 turn L (weight ends on L) (06:00)

HIP ROLL, HOLD, STEP, SWAY, SWAY, SWEEP CIRCLE

- 1, 2□ Step R to R front diagonal, roll hips anti-clockwise as you make 1/4 turn L (03:00)
- 3, 4□ Hold (weight should be on L), step R slightly apart from L
- 5, 6□ Body roll/sway to the L, Body roll/sway to the R bringing L toe in together next to R
- 7, 8□ Keeping weight on R, draw a sweeping circle anti-clockwise with L toe, ending with L touched next to R

STYLING: on hip rolls, accentuate the hip movement by raising your arms in front of and slightly above your face (as if you were putting your arms behind your head lying on your back – just put them in front instead of behind)

STEP, DRAG, QUARTER, CROSS, SIDE, DRAG, TOGETHER, TURN

- 1, 2□ Step L forward, drag R up to L
- 3, 4□ Making 1/4 L step R foot to R side, step L across R (12:00)
- 5, 6□ Step R to R side, drag L towards R
- 7, 8□ Drag L together next to R taking weight on L, making 1/4 R step forward R (03:00)

STEP, SLOW TURN, STEP, STEP, SLOW TURN, STEP AND

- 1, 2□ Step L foot forward, start 1/2 pivot R (06:00)
- 3, 4□ Complete 1/2 turn R, step L foot forward (09:00)
- 5, 6□ Step R foot forward, start 1/4 turn L (07:30)
- 7, 8&□ Complete 1/4 turn L, step R slightly forward, making 1/4 L cross L foot slightly over R (09:00)

STEP SWAY, TURN, STEP, STEP, KICK, CROSS, UNWIND

- 1, 2□ Step R foot to R side, body roll/sway to the R as you start to make a 1/4 turn L (01:30)

- 3, 4□ Complete 1/4 turn L stepping L forward, step R foot forward (12:00)
- 5, 6□ Step L foot forward, kick R toe forward
- 7, 8□ Making 1/4 L cross R across L, unwind 3/4 turn L ending with weight back on R (12:00)

STEP, QUARTER, ROCK, ROCK, TURN, HOLD, PIVOT TURN

- 1, 2□ Step L foot forward, make a slow 1/4 R (keeping weight on L) (03:00)
- 3, 4□ Step R to R side as you rock weight over it, rock weight over onto L foot
- 5, 6□ Rock weight over onto R as making a 1/4 turn R, hold (06:00)
- 7, 8□ Step L foot forward, pivot 1/2 turn R (weight ends on R) (12:00)

A*:

On the third pattern of A, the section ends 8 counts early. After the kick cross unwind, you'll end with weight on the R, ready to start section B.

SECTION B - FUNKY

STEP, STEP, CROSS AND CROSS, STEP, STEP, CROSS AND CROSS

- 1, 2□ Step L foot forward, step R foot forward
- 3&4□ Making 1/4 L cross L over R, step R to R side, cross L over R (09:00)
- 5, 6□ Making 1/4 R step R foot forward, step L foot forward
- 7&8□ Making 1/4 turn R cross R over L, step L to L side, cross R over L (03:00)

STYLING: See styling in section A for the hip rolls; use the same arms as you do each "cross and cross"

ROCK, RECOVER, KICK AND SIDE, CROSS ROCK RECOVER CROSS ROCK QUARTER

- 1, 2□ Rock L to L side, recover weight over onto R
- 3&4□ Kick L toe forward across R, step L slightly apart from R, push off L with R foot and take a big step R
- 5, 6&□ Hold, step L in front and across R, rock R foot to R side
- 7&8&□ Recover onto L, cross R in front of L, rock L to L side, making a 1/4 turn R step forward onto R (06:00)

STYLING: On count 4, make it a big slide as you drag your L foot towards R for 5

STEP, HEEL, TOE, HEAD, CROSS ROCK SIDE, KICK SIDE TOUCH

- 1, 2□ Step L foot forward, turn R heel 1/4 turn R (keep head facing 06:00)
- 3, 4□ Turn L toe 1/4 turn R, turn head and body 1/4 turn R (09:00)
- 5&6□ Kick L foot across and in front of R, recover weight onto R, step L back in place
- 7&8□ Kick R foot across L, step R to R side, touch L toe next to R

STYLING: On counts 5-8 keep light-footed and add a little bounce to the steps

SIDE, HITCH, SLIDE, DRAG, ROCK AND QUARTER, PIVOT TURN

- 1, 2□ Rock weight onto L as you step L to L side, rock weight back onto R as you hitch L leg next to R
- 3, 4□ Step L foot to L side, drag R foot towards L (weight ends on L)
- 5&6□ Rock R foot back behind L, recover weight back onto L, make 1/4 R stepping R foot forward (12:00)
- 7, 8□ Step L foot forward, pivot 1/2 turn R (weight ends on R) (06:00)

STYLING: On count 3 (the slide) turn your head to the R as you slide to the L and keep facing that way until count 8 (the pivot turn)
