

Organized Chaos

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Melissa Daum (USA) - October 2007
音樂: Chaotic - Britney Spears : (CD: Chaotic EP)



MAMBO, TOUCH, ½ TURN, COASTER, HIP BUMPS

- 1&2 Rock left foot forward, recover on right foot, step left back
3 Touch right toe behind
4 ½ turn right transferring weight to right foot (now facing 6:00)
5&6 Coaster back, left, right, left
7&8 Step out on right bumping hips up to right, down to left, then down to right bending knee and leaning down into it

SAILOR STEP, SKATE TWICE, CROSS UNWIND, SHOULDER PUSHES

- 1&2 Step left foot behind right, step right to right side, step left next to right
3-4 Skate forward right, left
5-6 Cross right over left, unwind ½ turn left (end facing 12:00)
7-8 Push shoulders left, right, pressing into right foot

WEAVE, STEP OUT, HOLD, BALL STEP, HEEL RAISES

- 1 Push off of right foot
2&3 Cross right behind left, left to left, right in front of left
4 Step left foot to left side (toward 9:00)
5 Hold
&6 Step right next to left, step left to left
7-8 Keeping balls of feet on the floor, raise both heels twice

ROLL, SAILOR ¼ TURN RIGHT, STEP, OUT-OUT, BUMP BUMP

- 1-2 Body roll transferring weight down into left foot
3&4 Cross right behind left, ¼ turn right stepping left next to right, step right in place
5&6 Step left forward, step right to right, step left to left. Feet end shoulder width apart
7-8 Dip slightly into left knee then bump left hip up, dip slightly into right knee then bump right hip up

Begin again

RESTARTS:

On the 4th wall, do 16 counts (ending with the shoulder pushes) and restart.
On the 8th wall, do 16 counts and restart