

Hey DJ

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) - November 2007
音樂: Get It On (feat. Lisa Scott) - Intenso Project : (Album: Get It On or Now dance 2005 - 3:30)



Intro : 32 Counts

Rock Forward, Together, Shuffle Forward, Touch Forward, Touch Side, Ball-Cross, Hitch

1-2& Rock Forward R, Recover on L, step R next to L
3&4 Left shuffle forwards
5-6 Touch R toe forward, Touch R toe to side
&7 Step on ball of R next to L, Cross L over R
8 Lean over to your left, Hitch R to side

Sailor Steps Right & Left, Cross Behind, Unwind ½ Turn Right, Cross Rock

1&2 Cross R behind L, step L to left side, step R to right side
3&4 Cross L behind R, step R to right side, step L to left side
5-6 Cross R behind L, unwind ½ turn right weight ending up on R
7-8 Cross rock L over R, recover on R

(&) Cross Rock, & Cross Step, ¼ turn Left Step Back, Shuffle Backwards, Rock Back

&1-2 Close L next to R, Cross rock R over L, recover on L
&3-4 Close R next to L, Cross step L over R, ¼ Turn left step back on R
5&6 Left shuffle backwards
7-8 Rock back on R, recover on L

½ Turn Left x2, Pivot ½ Turn Left, & Step Hitch, Touch Back, ¼ Turn Right

1-2 ½ Turn left step R back, ½ Turn left step L forward
3-4 Step forward R, Pivot ½ turn left weight ending up on L
&5-6 Step on ball of R next to L, Step L forward, Hitch R forward
7-8 Touch R toe back, ¼ Turn right step down on R

(&) Side, Hitch, Touch, ¼ Turn Left, Step, Scissor Step, Hitch-Ball-Cross

&1-2 Step L next to R, step R to right side, Hitch L across R
3-4 Touch L toe to left side, ¼ Turn left step down on L
5 Step R forward
6&7 Step L to left side, Step R next to L, Cross step L over R
8&1 Hitch R to right side, Step on ball of R next to L, Cross step L over R

Step Back, ¼ Turn L, Hold, & Cross, Kick, Cross Touch, ½ Turn Left

2-3 Step R back, ¼ Turn L step L to Left side
4 Hold
&5-6 Step on ball of R next to L, Cross L over R, Kick R diagonally forward
7-8 Touch R across L, ½ turn left weight stays on L (**Restart Point)

Diagonal Shuffle Right, Skate, Skate, Diagonal Shuffle Left, Hip Up, ¼ turn Left Hip Down

1&2 Right shuffle to right diagonal
3-4 Skate L to left, skate R to right
5&6 Left shuffle to left diagonal
7 small step R to right side - push hip up (Option: R arm up)
8 ¼ Turn left pushing R hip down bending knees, L toes pointing forward (Option: R arm down)

Hips Up & Down, Step, Sweep ½ Turn Left, Cross Rock, Side step, Together

1-2 Push L hip Up and R hip down bending knees

3-4 Step L forward, sweep R ½ turn left

5-6 Cross rock R over L, recover on L

7-8 Big step R to right side, step L next to R

Begin again.

Restart: On wall 3, dance up to count 48 and restart the dance facing the back wall
