

Phenomenon

COPPER KNOB
BY STEPHEN BATES

拍數: 64 牆數: 2 級數: Intermediate / Advanced Swing
編舞者: Paul McAdam (UK) - February 2008
音樂: Phenomenon - LL Cool J



Count in: Start 32 counts into track

(1-8) 2 WALKS, ¼ BALL CROSS, 1/4 , ¼ BALL SIDE, CROSS, BACK-SIDE-CROSS

- 1,2 Walk forward on right foot, walk forward on left foot
&3,4 Make a ¼ turn left and step ball of right foot to right side, cross left foot over right, make a ¼ turn right and step forward on right foot
&5,6 Make a ¼ turn right and step ball of left foot to left side, rock weight onto right foot, cross left foot over right foot
7&8 Step back on right foot, step left foot to left side, cross right foot over left

(9-16) SIDE TOUCH, SIDE, BEHIND-SIDE-CROSS, ROCKING CHAIR, HOLD, RUN X2

- &1,2 Step left foot to left side, touch right toe behind left, step right foot to right side
3&4 Cross left foot behind right, step right foot to right side, cross left foot over right foot
5& Rock forward on right foot, recover weight onto left foot
6& Rock back on right foot, recover weight onto left foot
7 Hitch right knee up slightly and rise up onto ball of left foot hold a count
8& Run a small step forward right, run a small step forward left

(17-24) MAMBO ROCK, 2 WALKS BACK, SAILOR STEPS X2

- 1&2 Rock forward on right foot, recover weight onto left foot, step back on right foot
3,4 Walk back on left foot, walk back on right foot
5&6 Cross left foot behind right foot, step right foot to right side, step left foot in place
7&8 Cross right foot behind left foot, step left foot to left side, step right foot in place

(25-32) KICK STEP BACK, ROLL BALL BACK, SAILOR ¼ TURN, 2X WALKS WITH SHAKES

- 1,2 Kick left foot across right foot to right diagonal, step left foot a big step back to left diagonal
3 Weight is on left foot, roll hips anti-clockwise so weight is back on left foot
&4 Step right foot up to left foot, step left foot back to left diagonal
5&6 Cross right foot behind left foot, make a ¼ turn right and step left foot slightly back, step right foot forward
7,8 Walk forward left, right and shake hips

(33-40) LEFT SHUFFLE, MAMBO ROCK ½ TURN, TAP, TAP, STEP, BALL CROSS, SIDE

- 1&2 Step forward on left foot, step right foot to left foot, step forward on left foot
3&4 Rock forward on right foot, recover weight onto left foot, make a ½ turn right and step forward on right foot
5&6 Tap left toes to left diagonal, tap left toes further out to left diagonal, step left foot further out to left diagonal
&7,8 Step back on ball of right foot, cross left foot over right, step right foot to right side

(41-48) BEHIND-SIDE-CROSS, TOE-HEEL-STOMP, SIDE-ROCK-CROSS, BALL STEP X2

- 1&2 Cross left foot behind right foot, step right foot to right side, cross left foot over right foot
3&4 Touch right toe next to left foot, touch right heel next to right foot, stomp right foot next to left foot
5&6 Rock left foot out to left side, recover weight onto right foot, cross left foot quite far over right foot so you end up facing right diagonal
&7&8 Keeping feet in the same positions and bending knees slightly, rock weight on balls of feet right, left, right left, you are facing 01.30 as you do this

(49-56) WALK FULL TURN, BEHIND-SIDE-CROSS, HIP BUMPS FORWARD

- 1,2 Make a ½ turn right and step forward on right foot to face 07.30, make 3/8 of a turn right and step left foot to left side to face 12.00.
- 3&4 Cross right foot behind left foot, step left foot to left side, cross right foot over left
- 5&6 Step left foot to left diagonal and bump hip left, right, step weight onto left foot
- 7&8 Step right foot to right diagonal, bump hip right, left, step weight onto right foot

(57-64) CROSS-SIDE-BACK, BACK-SIDE-CROSS ¼ TURN, MAMBO ROCK, STEP BACK, ¼ TURN

- 1&2 Cross left foot over right foot, step right foot to right side, make an 1/8th turn left and step back on left foot
- 3&4 Step back on right foot, make an 1/8th of a turn left and step left foot to left side, cross right foot over left foot you are now facing 9.00
- 5&6 Rock forward on left foot, recover weight on right foot, step back on left foot
- 7,8 Step back on right foot, make a ¼ turn left and step slightly forward on left foot

START AGAIN AND ENJOY!
