

# Phenomenon

COPPER KNOB  
STEPSHEETS

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!**

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