

Dance Like There's No Tomorrow

COPPER **KNOB**
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Michael Lynn (UK) - February 2008
音樂: Dance Like There's No Tomorrow - Paula Abdul : (3:01)



(16 count intro - on heavy beat, 118bpm)

WALKS x2, RIGHT KICK BALL CHANGE, KNEE POPS

1-2 Step forward right, step forward left,
3&4 Kick right forward, step right beside left, step left in place (counts &4 should step slightly apart),
5-6 Pop left knee, pop right knee,
7-8 Pop left knee twice (keeping weight on right).

FULL TRIPLE TURN LEFT, RIGHT CROSS ROCK, CHASSE RIGHT, HEEL GRIND 1/4, STEP x2

1&2 Triple step full turn left, stepping - left, right, left,
3-4 Cross rock right over left, recover left,
5&6 Step right to right side, close left beside right, step right to right side,
7&8 Touch left heel forward(7), grind heel left as you make 1/4 turn left stepping right beside left (&), step left in place (8).

CROSS-SIDE-TOGETHER x2, CROSS, TOUCH, SIDE SWITCHES

1&2 Step right over left, step left to left side, step right beside left (angling body to right diagonal),
3&4 Step left over right, step right to right side, step left beside right (angling body to left diagonal),
5-6& Cross right over left, touch left to left side, step left beside right,
7&8 Touch right to right side, step right beside left, touch left to left side.

PADDLE 1/4 TURN RIGHT, SCUFF-HITCH-CROSS, TWIST 1/2, TWIST 1/2, SAILOR 1/2 TURN LEFT

1-2 Step forward on left, pivot ¼ turn right rocking weight onto right (circling hips),
3&4 Scuff left forward, hitch left, cross left over right,
5-6 Twist 1/2 right, twist 1/2 left,
7&8 Step left behind right making 1/4 turn to left, step right next to left making 1/4 turn to left, step forward on left.

TAG (after walls 2, 4 & 6)

WALKS x2, MODIFIED VAUDEVILLES, STEP, PIVOT 1/2 TURN

1-2 Step forward right, step forward left,
3&4& Cross right behind left, step left to left side, kick right to right diagonal, step right beside left,
5&6& Cross left over right, step right to right side, kick left to left diagonal, step left beside right,
7-8 Step forward right, pivot 1/2 left.

TOE-HEEL-CROSS, SHOULDER POPS, TOE-HEEL-CROSS, SHOULDER POPS

1&2 Touch right toe to left instep, touch right heel to left instep, cross right over left,
3&4 Pop shoulders over 3 counts,
5&6 Touch left toe to right instep, touch left heel to right instep, cross left over right,
7&8 Pop shoulders over 3 counts.

CHOREOGRAPHER'S NOTE'S

Alt Music: "The Girl Is Mine 2008 (03:12)" by Michael Jackson (24 count intro, 96bpm)

CD Single: "The Girl Is Mine 2008" by Michael Jackson

The alt music is slightly slower and a classic well known track revamped for 2008. If using this track no tag is

needed.
