

Get On The Floor

COPPER **KNOB**
BY STEPHEN METZ

拍數: 64 牆數: 4 級數: Funky Intermediate
編舞者: John Robinson (USA) - December 2007
音樂: The Floor - Johnny Gill : (Preferred version: CD single, pop edit #1 ; LP version available on Provocative, 20th Century, 3:41)



Start dancing with main vocal (first verse: "Bottoms up"); 16 seconds in on pop edit; 58 seconds in on LP version.

Important note: the third repetition is a short wall – you will only do the first 40 counts of the dance then start over (this happens when you're facing 9:00). On the LP version, you can get an extra wall in by starting earlier, with the main beat (about 24 seconds in); this means the short wall will be the 4th repetition (you'll be facing 12:00).

R CROSS, L SIDE, R SAILOR STEP, L TOUCH, TURN, HEEL DOWN BENDING KNEES, HEEL UP STRAIGHTENING KNEES

- 1,2 *Cross, side* R step across L (1), L step side left (2)
3&4 *Sailor step* R step ball of foot behind L (3), L small step side left (&), R step forward shoulder-width apart from L angling body diagonally right (towards 1:30) (4)
5,6 *Touch, turn* L touch next to R (5), turn 1/4 left touching L toe forward toward 11:30 (6)
7,8 *Down, up* Lower L heel to floor bending knees/snap right fingers by R hip (7), raise L heel straightening knees (8)

L KICK & CROSS, SYNCOPATED WEAVE LEFT, R TOUCH, TURN 1/4 R w/DOUBLE SHOULDER ROLL FORWARD

- 1&2& *Kick & cross &* L kick forward (1), L step slightly back (&), R step across L (2), L small step side left (&)
3&4 *Behind-side-touch* R step behind L (3), L small step side left (&), R touch next to L (4)
5,6 *Touch, turn* R touch side right turning knee in (5), pivot 1/4 right (3:00) turning knee out/shifting weight partially forward to R (6)
7,8 *Roll, roll* Looking over left shoulder (to 12:00), roll both shoulders forward twice shifting weight forward to R with slight lean forward (7,8)

L HITCH, TOUCH BACK, L HITCH-BALL-CHANGE, WALK L-R-L, PIVOT 1/4 RIGHT w/HIP ROLL

- 1,2 *Hitch, touch* (Look forward to 3:00) L hitch raising knee (1), L toe touch back (2)
3&4 *Hitch-ball-change* L hitch raising knee (3), L step next ball of foot slightly back (&), R step forward (4)
5,6 *Walk, walk* L step forward (5), R step forward (6)
7. 8 *Walk, turn* L step forward starting clockwise hip roll (7), pivot 1/4 right (6:00) finishing clockwise hip roll so weight ends on L (8)

SYNCOPATED CROSS ROCKS (R THEN L), R ROCKING CHAIR w/HITCH-STEP-TOUCH

- 1&2 *Cross-rock-home* R rock ball of foot across L (1), recover to L (&), R step side left slightly apart from L (2)
3&4 *Cross-rock-home* L rock ball of foot across R (3), recover to R (&), L step side right slightly apart from R (4)
5&6& *Forward & back &* R rock ball of foot forward (5), recover to L (&), R rock ball of foot back (6), recover to L (&)
7,a8 *Hitch-step-touch* R brush ball of foot forward hitching knee high pushing off L (7), R step forward (a), L touch next to R (8)

SQUAT (TURNING 1/4 LEFT), STRAIGHTEN, HIP SHAKE L, SQUAT (TURNING 1/4 LEFT), STRAIGHTEN, HIP SHAKE R

- 1,2 *Down, up* Turn 1/4 left (3:00) stepping L side left/bending knees (squat) (1), straighten knees pushing hips left (2)
- &3&4 *Shake it left* Keeping weight on L, shake hips right-left (&3), right-left (&4)
- 5,6 *Down, up* Turn 1/4 left (12:00) stepping R side right/bending knees (squat) (5), straighten knees pushing hips right (6)
- &7&8 *Shake it right* Keeping weight on R, shake hips left-right (&7), left-right (&8)

MAKE 1/4 TURN LEFT, 1/2 TURN LEFT, COASTER CROSS TURNING 1/4 LEFT, 1/2 MONTEREY TURN w/SIDE ROCK & TOGETHER

- 1,2 *Quarter, half* Turn 1/4 left (9:00) stepping L forward (1), turn 1/2 left (3:00) stepping R back (2)
- 3&4 *Coaster cross* L step ball of foot back (3), R step ball of foot next to L (&), turn 1/4 L (12:00) stepping L forward across R (4)
- 5,6 *Touch, turn* R toe touch side right (5), pivot 1/2 right (6:00) stepping R next to L (6)
- 7&8 *Rock & step* L rock ball of foot side left (7), recover to R (&), L step next to R (8)

WALK FORWARD R-L, ANCHOR STEP, 1/2 TURN L, STEP TOGETHER, JUMP 3X TURNING 3/4 LEFT

- 1,2 *Walk, walk* R step forward (1), L step forward (2)
- 3&4 *Anchor step* R step ball of foot behind L (3), L step ball of foot in place (&), R step in place behind L (4)
- 5,6 *Turn, together* Pivot 1/2 left (12:00) stepping L forward (5), R step ball of foot next to L (6)
- 7&8 *Jump & turn* Jump slightly off floor three times turning 3/4 left, weight ends on L (3:00) (7&8)

R KICK & HEEL FAN, L KICK & HEEL FAN, R KICK & L KICK & R TOUCH OUT-IN-OUT

- 1&2& *Kick & heel fan* R kick forward (1), R touch next to L (&), R heel turn out (2), R heel turn in taking weight (&)
- 3&4& *Kick & heel fan* L kick forward (3), L touch next to R (&), L heel turn out (4), L heel turn in taking weight (&)
- 5&6& *Kick & kick &* R kick forward (5), R step next to L (&), L kick forward (6), L step next to R (&)
- 7&8 *Out-in-out* R touch side right (7), R touch next to L (&), R touch side right (8)

START AGAIN AND ENJOY!
