

Abdul's Comeback

COPPER KNOB
BY STEPHEN METZ

拍數: 0 牆數: 0 級數: Phrased Intermediate
編舞者: Karen Hedges (USA) & Nancy Morgan (USA) - April 2008
音樂: Dance Like There Is No Tomorrow - Paula Abdul & Randy Jackson : (CD: Randy Jackson's)



Start: 16 counts then start or when she starts to sing

ABABABAB

You can also drop Part B and do the dance to Mercy by Duffy. Start the dance when she starts to sing!

PART A

Traveling Sailors (The Wiz), Step, Out

1,2& Step Right foot diagonally forward (1:00), step Left behind Right, step Right to Right side
3,4& Step Left foot diagonally forward (11:00), step Right behind Left, step Left to Left side
5,6& Step Right foot diagonally forward (1:00), step Left behind Right, step Right to Right side
7,8 Step Left foot forward, step Right foot out to Right side

Body Roll Down, Body Roll Up, Swivel Knee In, Out With ¼ Turn, Coaster Step

1,2 Body Roll Down so that weight is on Left foot lifting Right heel off of Floor (Your body will be facing 2:00)

Easy Alternate: Squat slightly down lifting Right heel of floor (Your body will be facing 2:00), Hold

3,4 Body Roll Up now putting Right heel back on floor (Body is facing back at 12:00)

Easy Alternate: Stand back up now putting Right heel back on floor (Body is facing back at 12:00), Hold

5,6 (Heel is off of floor, swiveling with ball of foot) Swivel Right knee in towards Left, swivel Right knee ¼ turn to Right

7&8 Step back on Right, back on Left, Forward on Right

Step, Touch, Step, Touch, Jazz Box With A Touch

1,2 Step Left forward, touch/Point Right toes out to Right side

3,4 Step Right forward, touch/Point Left toes out to Left side

5,6,7,8 Cross/step Left over right, step back on Right, step Left to Left side, touch Right next to Left

Step Fwd, ¼ Turn, Hitch, Step Side, ¼ Turn, Hitch, Step Side, ¼ Turn Hitch, Step Back, ¼ Turn Hitch

1,2 Step Right foot forward ¼ turn to Right, Bring Left knee up into a Hitch position

3,4 Step Left to Left side ¼ turn to Right, Bring Right knee up into a Hitch position

5,6 Step Right to Right side, Bring Left knee up into a Hitch position turning ¼ turn to Left

7,8 Step back on Left, Bring Right knee up into a Hitch position turning ¼ turn to Left

PART B

Repeat FIRST 32 counts in Part A, then ADD the following 16 counts:

Camel Walk 2 Times, Step, Touch

1,2,3 Step Right forward towards 2:00, While lifting Right heel off of floor - slide Left instep in towards the ball of your Right foot, Lift Left heel off of floor as you set your Right heel down

4,5,6 Step Left forward towards 10:00, While lifting Left heel off of floor - slide Right instep in towards the ball of your Left foot, Lift Right heel off of floor as you set your Left heel down

7,8 Step Right forward towards 1:00, While lifting Right heel off of floor - slide Left instep in toward the ball of your Right foot

Step Back, Touch, Step Back, Touch, Step Back Touch, Heel Jack With Touch

1,2 Step Left foot back towards 7:00 as you set your Right heel down, touch Right next to Left

3,4 Step Right foot back towards 5:00, touch Left next to Right

5,6 Step Left foot back towards 7:00, touch Right next to Left
&7 Step back on Right, touch Left heel forward
&8 Step Left, touch Right next to Left
