

Jump on This

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maurice Rowe (USA) - August 2008
音樂: So Much Betta - Janet Jackson : (Album: Discipline)



Or Music:

“Loved Stoned” by Justin Timberlake

“Got To Give It Up” by Aaliyah

Intro: 20 Count intro: Start when she says “Tired of being number two”.

Walk, walk, ¼ ball cross, ¼ turn, anchor, slide, step

1, 2 Walk forward right, left
&3 Step forward onto the ball of the right foot, turning ¼ turn left, cross left over right (9:00)
4 Turning ¼ turn left, step back on right foot (6:00)
5&6 Step left next to right, take weight onto right, replace weight to left
7,8 Step right to right sliding left next to right and taking weight onto left foot.

Walk, walk, shuffle forward, 1 ½ turn right, knee pops

1, 2 Walk forward right, left
3&4 Step forward on right, step left together with right, step forward right.
5 Turning ½ turn right, step back on left (12:00)
6 Turning ½ turn right, step forward on right (6:00)
7 Turning ½ turn right, step back on left (12:00)
&8 Pop left knee, pop right knee (weight ends on left foot, facing 12:00)

Walk, walk, ball-step-cross, ball-step-cross, ½ turn, ¼ turn

1,2 Walk forward right, left.
&3 Rock right out to right side, quickly replacing weight to left foot.
4 Cross right over left
&5 Rock left out to left side, quickly replacing weight to right foot
6 Cross left over right
7 ½ turn left stepping back on right (facing 6:00)
8 ¼ turn left stepping out on left (end facing 3:00)

Shuffle forward, rock-recover, walk back LRL, out-out

1&2 Step forward right, bring left together with right, step forward right.
3, 4 Rock left foot forward, replace weight to right.
5,6,7 Walk back left, right, left.
&8 Step right to right, left to left (weight ends on left).