

Innuendo

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Intermediate / Advanced NC2S
編舞者: Jennifer Choo Sue Chin (MY) - December 2008
音樂: Belaian Jiwa - Innuendo : (CD: Innuendo)



Sequence: 32, 32, tag, 32, 32, 28R, 28R, Ending

Intro 16 beat counts + 2 silent counts

Set 1: SWEEP, BEHIND SIDE CROSS, HINGE ½ LEFT TURN LUNGE, RECOVER AND CROSS, ¾ LEFT FORWARD

1 Step RF back and start to sweep LF from front to the back
2&3 Step LF behind RF, Step RF to right side, Cross LF in front of RF
4&5 ¼ turn left stepping RF back, ¼ turn left stepping LF to left side, Lunge RF across LF (6:00)
6&7 Recover weight on LF, Step RF to right side, Cross LF in front of RF
&8& ¼ turn left stepping RF back, ½ turn left stepping LF forward, Step RF forward (9:00)

Set 2: LUNGE, BACK BACK SWEEP, CROSS BACK BACK SWEEP, CROSS ¼ RIGHT SWAYS

1 Lunge LF forward
2&3 Recover weight on RF, LF take small step back, RF take small step back and start to sweep LF to front of RF
4&5 Cross LF in front of RF, RF take small step back, LF take small step back and start to sweep RF to front of LF
6& Cross RF in front of LF, ¼ turn right stepping back on LF (12:00)
7-8 Sway hips to right, sway hips to left

Option: On walls 2, 4, 6, and 7 (vocals: oh, oh, oh...), do 4 quick figure 8 hip sways on counts 7&8&

Set 3: SIDE, ROCK RECOVER BACK, RUN BACK, 2 CHAINE TURNS FORWARD

1 RF take a big step to right side
2&3 Cross rock LF in front of RF (facing 1:30), recover on RF, LF take a big step back (1:30)
4&5 Step RF diagonally left back, Step LF diagonally left back, Rock RF back with head turned right
6& Step LF forward, full turn left on balls of LF and RF with RF next to LF
7&8 Step LF slightly forward, full turn left on balls of LF and RF with RF next to LF, Step LF slightly forward

Easier Option for the double turns: Execute 1 left full turn forward stepping on LF, RF, LF (6-7-8)

Set 4: BUTTERFLY, COASTER SIDE, ROCK RECOVER ½ LEFT HITCH, BEHIND SIDE SWEEP, CROSS SIDE

& Bringing RF next to LF raise body on balls of both feet, bend knees and arch your body backwards and head tilted upwards

Arms: both arms in front of navel, palms down

1 Drop heels down and straighten body again with a slight bend forward,

Arms: turn palms upwards and arms start making big circles on the sides from down, back, up and forward down again (think of the butterfly swimming stroke!

Easier Option: Just do the arm bit without the body wave.

2&3 Squaring back to 12:00 step RF back, Step LF next to RF, Step RF to right side (12:00)
4& Cross LF in front of RF, ½ turn left while recovering on RF (6:00)

(Restart here with the sweep on Walls 5 and 6)**

5 Sweeping hitch LF (figure 4) from front to back
6&7 Step LF behind RF, Step RF to ride side, Cross LF in front of RF and sweep RF to the front
8& Cross RF in front of LF, Step LF to left side

REPEAT

Tag (4 counts) – To be done after Wall 2 (facing 12:00)

BACK ROCK SWEEP, CROSS UNWIND FULL TURN

1-2 Rock back on RF, Recover on LF and sweep RF to the front

3-4 Cross RF over LF, unwind full turn left with weight ending on RF and connect with the left sweep on count 1.

****Restart - Restart the dance after count 28& on Wall 5 and 6.**

Ending – Wall 7 (25 counts), Wall 8 (25 +2 counts)

On wall 7, do until 'Butterfly' and continue to bend your body forward down as you lower your 'wings' to almost your feet. While bending down, step your RF back and bend your right knees keeping LF straight and pointed forward. Hold this "Sleeping Butterfly" position for 8 counts and start wall 8 from beginning when the beat kicks in again (make it dramatic!). Do up till count 14&, then do the sways slowly for 4 counts. The beat will kick in again, so continue with Set 3 until 'Butterfly' and lead into the "Sleeping Butterfly" position. Lastly, slowly open up again (vocal: jiwa) for the last pose. May look complicated due to the pauses at the end of the song.

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