

Bonafied Lovin'

COPPER KNOB
STYLED SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jill Babinec (USA) & Scott Schrank (USA) - May 2009
音樂: Bonafied Lovin' - Chromeo : (CD: Bonafied Lovin' EP - 3:39 version)



INTRO: 32 Counts – Start dancing on vocals

(&1-8) SWEEP STEP, SWEEP STEPS WITH ANKLE BREAKS

- &1 Sweep Rt foot (&), Step back on right foot behind left (1)
- &2 & Sweep left foot, step back on left foot behind Rt, Sweep Rt foot
- 3&4 Step back behind left with Rt as wt remains on the front/balls of feet “breaking” the ankles left, right, left (ending weight on right foot) {or bend knees to R,rolling R foot to outside of foot (letting L follow) then bend knees to L as L foot rolls out, then bend knees to R –wt on rt}
- & 5 Sweep left foot, step back on left foot behind Rt,
- &6& Sweep right foot, step back on right foot, Sweep left foot
- 7&8 Step back behind Rt with left as wt remains on the front/balls of feet “breaking” the ankles right, left, right (ending weight on left foot) {or bend knees to L,rolling L foot to outside of foot (letting R follow) then bend knees to R as R foot rolls out, then bend knees to L –wt on Left}

(9-16) TOE TOUCHES, SWAYS, ¼ TURN, DIAGONAL CROSS SHUFFLE, TOE TOUCHES

- 1 & 2 Touch right toe out, Touch right toe in, Step right foot right (wt on rt)
- 3&4 Begin swaying hips right, left, turn ¼ to left, sitting back on right hip (9:00)
- 5&6 Moving on the diagonal slightly backward, cross shuffle on left, right left
- 7&8 Touch right toe out, in, out

(& 17–24) SWEEP STEP, SWEEP STEPS WITH ANKLE BREAKS (same as counts 1-8)

- & 1 Sweep right foot, step back on right foot behind left
- &2& Sweep left foot, step back on left foot behind Rt, Sweep right foot
- 3&4 Ankle breaks left, right left (ending weight on right foot)
- & 5 Sweep left foot, step back on left foot behind Rt
- &6& Sweep right foot, step back on right foot behind L, Sweep left foot
- 7&8 Ankle breaks right, left, right (ending weight on left foot)

(25-32) TOE TOUCHES, SWAYS, ¼ TURN, DIAGONAL CROSS SHUFFLE, COASTER CROSS

- 1 & 2 Touch right toe out, Touch right toe in, Step right foot right (wt on rt)
- 3&4 Begin swaying hips right (3), left (&), turn ¼ to left while sitting back on right hip (4) (6:00)
- 5&6 Moving on the diagonal slightly backward -cross left over Rt, Step Rt side, Cross left over Rt
- 7&8 Step back on Right, Step Left next to Rt, Cross and step Rt over left

(33-40) PRESS, RECOVER, WEAVE, PRESS, RECOVER, WEAVE WITH ¼ TURN

- 1, 2, 3 & 4 Press weight to the left side, Recover weight to right foot, Step left behind Rt, Step Rt to side, Step left across Rt
- 5, 6, 7 & 8 Press weight to the right side, Recover weight to left foot, Step Rt behind left, Turn ¼ to left onto left foot , step forward on right foot (3:00)

(41-48) ROCK RECOVER, LOCK STEP BACK, TURN AND SWAY

- 1, 2 Rock forward on left foot, recover weight back to right foot
- 3 & 4 Lock step diagonally back – Step left back, Cross Rt over left, Step left back
- 5, 6 Turning ¼ to your right, sway hips right, sway hips left (6:00)
- 7 & 8 Sway right, left, right

(49-56) DRAG STEP, SIDE, RECOVER, CROSS, DRAG STEP, BALL CROSS, POINT

- 1, 2 Long step back (diagonal) on left foot, drag right heel back towards left foot
& 3, 4 Step right out to right side, recover weight to left, step across left onto right
5, 6 Long step back (diagonal) on left foot, drag right heel back towards left foot
& 7, 8 Step right foot next to left, step across right onto left, point right toe out to right side.

(57-64) SAMBA STEPS 3x's, ROCK RECOVER BACK

- 1 & 2 Cross right over left, step side left, step right next to left
3 & 4 Cross left over right, step side right, step left next to right.
5 & 6 Cross right over left, step side left, step right next to left
7 & 8 Rock forward on left, recover weight to Rt, Step back on left (this leaves Rt foot fwd to start your sweep on the & count)

Thanks to Amy Zack for writing out the steps as we went along.

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