

Luv'n Me

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 2 級數: Phrased Intermediate
編舞者: John Robinson (USA) & Zac Detweiler (USA) - January 2010
音樂: Piece Of Alright (Smooth) - Aura : (CD: Dance Now 02, Volume One)



32-count intro (start with main vocal).

Sequence: ATB,AAB,ATB,AAA; Tag & Part B will always be danced on the back (6:00) wall.

Part A (64 counts)

(1-8) Ball Change 1/2 Turn, Ball Change 3/4 Turn, Walks

- &1-3 Step back on ball of R (&), Step forward L (1), Turn 1/2 left (6:00) stepping back R (2), Step back L (3)
&4-6 Step back on ball of R (&), Step forward L (4), Step forward R (5), Turn 1/4 right (9:00) stepping back L (6)
7,8 Turn 1/2 right (3:00) stepping forward R (7), Step forward L (8)

(9-16) Step Ball Change, Step Ball Change, Turning Jazz Square

- 1&2 Step R forward (1), Step ball of L to left side (&), Recover weight R (2)
3&4 Step L forward (3), Step ball of R to right side (&), Recover weight L (4)
5,6 Step R across L (5), Step L back L turning 1/4 turn right (6:00) (6)
7,8 Step R turning 1/4 right (9:00) (7), Step L beside R turning 1/8 right (10:30) and push bottom back (8)

(17-24) Out-Out, Hold, In-In, Hold, Press Recover Steps Forward & Back

- &1,2 Step R to right side (&1), Step L to left side (1), Hold (2)
&3,4 Step R in to center (&), Step L beside R (3), Hold (4)
5&6 Press ball of R forward (5), Recover weight L (&), Step R beside L (6)
7&8 Press ball of L back (7), Recover weight R (&), Step L beside R (8)

(25-32) Weave Left, Touch Back, Press Recover Step, Press Recover Step Touch

- 1,2 Step R across L turning 1/8 right (12:00) (1), Step L to left side (2),
3,4 Step R behind L (3), Touch L back diagonally left (4)
5&6 Press ball of L forward (5), Recover weight R (&), Step L beside R (6)
7&8 Press ball of R back (7), Recover weight L (&), Touch R beside Left (8)

(33-40) Side Step, Hold, Pelvic Thrusts/Bumps, 1/4 Turning Jazz Square

- &1,2 Step R to right side (&), Step L beside R (1), Hold (2)
3,4 Thrust pelvis forward 2x, or Bump hips right-left (option)
5,6 Step R across L (5), Step L back turning 1/4 right (3:00) (6)
7,8 Step R to right side (7), Step L beside R (8)

(41-48) "Thighmaster" Moving Forward or Skates, Triple Forward, Rock Recover, Triple Turning 1/2 Left

- 1,2 Step R forward (1), Step L forward (2)
Styling: bop your knees together while walking forward, or skate instead
3&4 Step R forward (3), Step L beside R (&), Step R forward (4)
5,6 Rock L forward (5), Recover R (6)
7&8 Turn 1/2 left (9:00) stepping L forward (7), Step R beside L (&), Step L forward (7)

Option: 1-1/2 turning triple

(49-56) Side Step, Hold, Pelvic Thrusts/Bumps, 1/4 Turning Jazz Square

- &1-8 Repeat steps 33-40 (Now facing 12:00)

(57-64) "Thighmaster" Moving Forward or Skates, Triple Forward, Rock Recover, Triple Turning 1/2 Left

1-8 Repeat steps 41-48 (Now facing 6:00)

TAG (8 counts)

(1-8) Slow Jazz Square

1-4 Step R across L (1), Hold (2), Step L back (3), Hold (4)

5-8 Step R to right side (5), Hold (6), Step L beside R (7), Hold (8)

Part B (32 counts)

(1-8) Ball Cross, Lunge, 1 1/4 Rolling Vine

&1,2 Step R slightly to right side (&), Step L across R (1), Press ball of R out to right side leaning body right (2)

3,4 Hold 2 counts or gradually lower body for styling (3,4)

5,6 Recover weight L turning 1/4 left (9:00) (5), Turn 1/2 left (3:00) stepping R back (6)

7,8 Turn 1/2 left (9:00) stepping L forward (7), Touch R beside L (8)

(9-16) Ball Cross, Lunge, 1 1/4 Rolling Vine

&1-8 Repeat previous 8 counts (Now facing 6:00)

(17-24) Out Out, Hip Roll, Cross Rock Recovers

&1,2 Step R to right side (&), Step L to left side (1), Lean slightly forward pushing bottom out (2)

3,4 Move hips in a counterclockwise circle ending with weight on L (3,4)

5&6 Rock R across L (5), Recover weight L (&), Step R to right side (6)

7&8 Rock L across R (7), Recover weight R (&), Step L to left side (8)

(25-32) Step Pivot 1/2 Left, Hold, Out Out, Knee Pops

1,2 Step forward R (1), Turn 1/2 left (12:00) shifting weight forward to L (2)

3&4 Hold (3), Step R to right side (&), step L to left side (4)

5a6 Hold (5), Rise onto balls of feet popping knees forward (a), Recover weight to heels (6)

a7a8 Rise onto balls of feet popping knees forward (a), Recover weight to heels (7), Repeat same motion (a8)
