

Honey Bunch

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Charles Alexander (SWE) - March 2010
音樂: I Can't Help Myself (Sugar Pie, Honey Bunch) - Four Tops : (CD: Motown's Greatest Hits)



Intro: 24 counts, approx. 12 sec – 128 bpm
Start on vocals.

(1 – 8) STEP, STEP, JAZZ JUMPS FORWARD WITH CLAPS (OUT, OUT, IN, IN, OUT, OUT)

1-2 Step right forward, Step left forward
&3-4 Jump right forward and out, Jump left forward and out, Clap
&5-6 Jump right forward and in, Jump left forward and beside right, Clap
&7-8 Jump right forward and out, Jump left forward and out, Clap

(9 – 16) ROCK, RECOVER, SHUFFLE 1/2 TURN, TOE STRUT 1/4 TURN, BEHIND, SIDE, CROSS

1-2 Rock right forward, Recover onto left
3&4 Make a 1/2 turn right stepping right forward, Step left beside right, Step right forward
5-6 Step left toe forward, Make a 1/4 turn right dropping left heel (taking weight)
7&8 Step right behind left, Step left to left side, Cross right over left

(17 – 24) SIDE, TOUCH, KICK-BALL-CROSS, SWAY R, L, R, L

1-2 Step left to left side, Touch right toe beside left
3&4 Kick right foot down to right diagonal, Step right ball beside left, Cross left over right
5-8 Sway hips right, Sway hips left, Sway hips right, Sway hips left

****Restart occurs here during wall 7****

(25 – 32) RIGHT ROLLING VINE, TOUCH & CLAP, LEFT ROLLING VINE INTO CHASSÉ

1-4 Turn 1/4 right stepping right forward, Turn 1/2 right stepping left back, Turn 1/4 right stepping right to right side, Touch left beside right and clap

(Easy option: Right grapevine, touch and clap)

5-6 Turn 1/4 left stepping left forward, Turn 1/2 left stepping right back
7&8 Turn 1/4 left and step left to left side, Step right beside left, Step left to left side

(Easy option: (5) Step left to left side, (6) Step right beside left, (7&8) Left chassé)

RESTART: At wall 7, dance to count 24 (Sway R, L, R, L) and restart the dance.

I've added some easy options for dancers who get dizzy by too many turns.
Hope you'll like it!

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