

Flash Mob Incorporated

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate WCS
編舞者: Nancy Morgan (USA) - 21 October 2010
音樂: DJ Got us Fallin' In Love - Usher : (CD: Versus)



**Note: This is based off of the West Coast Swing Dance created by Damon & Lisa D'Amico
Begin when he begins singing.**

WALK, WALK, AND CROSS ½ TURN LEFT, STEP BACK ¼ TURN LEFT, COASTER STEP, WALK, WALK

1,2 Walk forward Right, Left
&3,4 Step Forward on Right, cross Left in front of Right ¼ turn to Left, step back on Right
5&6 Step back on Left, Back on Right, Forward on Left
7,8 Walk forward Right, Left

LEAN, STEP, ½ TURN PIVOT, LEAN, STEP ¼ TURN, STEP BACK, STEP BACK

1,2 Step Right foot out ¼ turn to Left in a Lean (Left foot is out to Left side), step on Left ¼ turn to Left
3,4 Step forward on Right, turn ½ turn to Left (Weight ends on Left)
5,6 Step Right foot out ¼ turn to Left in a Lean (Left foot is out to Left side), step on Left ¼ turn to Left
7,8 Step back on Right, step back on Left

COASTER STEP, STOMP, HOLD, COASTER STEP, WALK, WALK

1&2 Step back on Right, back on Left, forward on Right
3,4 Stomp Forward on Left, hold
5&6 Step back on Left, back on Right, forward on Left
7,8 Walk forward Right, left

TOUCH SIDE-TO-SIDE-TO-SIDE, KNEE POPS, TO-SIDE-TO-SIDE-TO-STEP OUT, KNEE POPS

1&2&3 Turning ¼ turn to Left – Point Right to out to Right side, step R next to L, point Left out to Left side, step L next to R, point Right out to Right side
&4 Pop both knees forward and back (This will cause you to pull your heels off the ground and back)
&5&6 Step R next to L, point Left out to Left side, step L next to R, step Right out to Right side shoulder width apart (weight is on both feet)
&7&8 Pop both knees forward and back (This will cause you to pull your heels off the ground and back)

ROCK HIPS RIGHT,LEFT,RIGHT,LEFT, CROSS, STEP BACK ¼ TURN RIGHT, 1/2 TURN SHUFFLE TO RIGHT

1,2,3,4 Rock hips from Right to Left to Right to Left
5,6 Cross Right over Left, step back on Left ¼ turn to Right
7&8 Do a ½ turn shuffle forward (Right,Left,Right)

STOMP 3 TIMES IN A ½ TURN TO RIGHT, STEP FORWARD,STEP BACK ½ TURN TO LEFT,STEP FORWARD ½ TURN TO LEFT, SHUFFLE FORWARD

1,2,3 Raising you Right arm in the air, stomp your Right foot 3 times as you turn ½ turn
4 Step forward on Left
5,6 Step back on Right ½ turn to Left, step forward on Left ½ turn to Left
7&8 Shuffle forward – Right-Left-Right

STEP-PIVOT-STEP BACK ½ TURN, WALK BACK RIGHT, LEFT, COASTER STEP, STEP FORWARD R, LEFT OUT TO L SIDE

- 1&2 Step forward on Left-pivot ½ turn to R (weight ends on R)-step back on Left ½ turn to Right
3,4 Walk back Right,Left
5&6 Coaster – Step back on Right, Back on Left, forward on Right
7,8 Step forward on Left, step Right out to Right Side (shoulder width apart)

SHOULDER LEANS IN A Z PATTERN, STEP BACK, TOGETHER, KICK-BALL-CHANGE

- 1,2 Bring R shoulder up and Lean to R, Bring L shoulder up and Lean to L and down a little bit
3,4 Bring R shoulder up and Lean to R and down a little bit, Bring L shoulder up and come up to a full stand
5,6 Step back Right, step Left next to Right
7&8 Kick Right slightly forward, step ball of Right next to Left as you Lift Left off floor, step Left next to Right

Repeat!
