

Dy-No-Mite!

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate / Advanced
編舞者: Bracken Heidenreich (USA) & Ruben Luna (USA) - December 2010
音樂: Dynamite - Taio Cruz : (Album: Rokstarr, Bonus Track Version)



16 count intro (Start on "dance")

Skate, Skate, Side Together Side, Cross Rock Side, Chug 1/8, Chug 1/8

- 1 Keeping knees slightly bent bring Right foot beside left foot while pivoting right on left foot to face 1:00 and step Right forward (Right skate)
- 2 Keeping knees slightly bent bring Left foot beside right foot while pivoting left on right foot to face 11:00 and step Left forward (Left skate)
- 3&4 Step Right to right side, & Step Left next to right, Step Right to right side
- 5&6 Cross Rock Left over right, & Recover in place on Right, Step Left to left side
- 7-8 Keeping feet shoulder width apart chug Right foot/heel two times to make 1/4 turn left (9:00)

Cross, Back, Glide Turn Side, Touch Out Out, Push, Push

- 1-2 Step Right across in front of left, Step Left back (push hips back for styling)
- 3&4 Opening body to 10:30 diagonal step Right large step toward 1:30 diagonal, & (Sliding Left foot on floor) Touch left toe next to right foot (start turning toward 12:00 with this touch), Turn to face 12:00 to step Left to left side (12:00)
- 5&6 Turning hips toward 10:30 diagonal Touch Right next to left, & Squaring up to 12:00 step Right to right side, Step Left to left side
- &7&8 & Shrug both shoulders up as you turn torso toward 10:30, Push shoulders down with Right arm straight down in front of body and Left arm straight down behind body, & Shrug both shoulders up as you turn torso toward 1:30, Push shoulders down with Left arm straight down in front of body and Right arm straight down behind body

In, Quarter, Bend, Up, Pop, Pop, Walk, Walk

- 1-2 Bring Left leg next to right (Left knee popped forward, Right leg straight), 1/4 turn left keeping Left next to right (9:00)
- 3-4 Bend Right down (you are in a sitting position), Straighten Right (left knee still popped forward)
- 5-6 Straighten Left leg while popping Right knee forward, Straighten Right leg while popping Left knee forward (weight on right)
- 7-8 Step forward Left, Step forward Right

Step Pivot, Step Pivot, Touch & Touch, Pop Walk, Pop Walk

- 1-2 Step Left forward, Pivot 1/2 turn right (3:00)
- 3-4 Step Left forward, Pivot 1/2 turn right (9:00)
- 5&6 Touch Left to left side, & Step Left next to right, Touch Right to right side
- 7 Step forward on Right (as you do so, close left to right popping left knee forward)
- 8 Step forward on Left (as you do so, close right to left popping right knee forward)

Start Over

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