

Marz and Mummies

COPPER KNOB
BY SHEETS

拍數: 96 牆數: 2 級數: Advanced
編舞者: Niels Poulsen (DK) & Maria Maag (DK) - December 2010
音樂: Do What You Do (feat. Pack And Mummies) - Marz : (Album: Marz Presents Billion Dollar Ballers)



Type of dance: Pop/funky ABC-dance. 2 walls. A: 32 counts/2 walls. B: 32 counts. C: 32 counts.

Intro: 4 counts from first beat in music (2 secs into track). Weight on L

Sequence: A, B, C, A*, A*, C, B, A*, A*, C, B, A. NOTE: See phrasing explanation on page 2

Ending: Complete your last A, now facing 12:00. Step forward on R with attitude!

Note: Thanks to Tom Araujo for his continued support and help.

Extra note: A big thanks to Maria Maag for co-choreographing the C section with me.

SECTION A

[1 – 8] Kick and point, knee pop & cross, side rock, cross shuffle, hold/drag...

- 1&2 Kick R fw (1), step R next to L (&), point L to L side (2) 12:00
- 3&4 Pop R knee towards L knee rocking onto L (3), recover on R (&), cross L over R (4)
- 5& Rock R to R side (5), recover weight to L (&)
- 6&7 – 8 Cross R over L (6), step L to L side (&), take a big step crossing R over L (7), hold but drag L towards L side (8) 12:00

[9 – 16] & rock, ½ shuffle R, fw L coaster, big ball step, drag R

- &1 – 2 Step L to L side (&), rock fw on R (1), recover on L (2) 12:00
- 3&4 Turn ¼ R stepping R to R side (3), step L next to R (&), turn ¼ R stepping fw R (4) 6:00
- 5&6 Step fw on L (5), step R next to L (&), step back on L (6)
- &7 – 8 Step back on R (&), push off R stepping L big step backwards (7), drag R back (8) 6:00

[17 – 24] Bounce with knee pop X 2, walk fw R L, ½ turn swivel

- 1&2& Step R back bending in R knee and popping L knee fw (1), straighten legs (&), repeat bend/pop (2), straighten legs (&) – weight R 6:00
- 3&4& Step L back bending in L knee and popping R knee fw (3), straighten legs (&), repeat bend/pop (4), straighten legs (&) – weight L
- 5 – 6 Walk fw R (5), walk fw L (6)
- 7&8 Step fw R (7), swivel L heel almost a ½ L (&), complete ½ turn with L heel and swivel R heel ½ L (8) – weight on R 12:00

[25 – 32] & side switches, & kick and point, ball step ½ turn L, step fw R, ½ turn L

- &1&2 Step L next to R (&), point R to R side (1), step R next to L (&), point L to L side (2) 12:00
- &3&4 Step L next to R (&), kick R fw (3), step R next to L (&), point L fw (4)
- &5 – 6 Step L next to R (&), step fw R (5), turn ½ L stepping onto L (6)
- 7 – 8 Step fw on R (7), turn ½ L stepping onto L (8) * Note: counts 29-32 are different the 2nd, 3rd, 4th and 5th times you do the A section. See phrasing explanation on page 2 12:00

SECTION B

[1 – 8] Point R 'front back side to side', step 'front front back back', heel 'side to side'

- 1 – 2 Point R fw (1), point R backwards (2) 12:00
- 3&4 Point R to R side (3), step R next to L (&), point L to L side (4)
- 5&6& Step L fw (5), step R next to L (&), step L back and to L side (6), step R back and to R side (&)
- 7&8 Pop L heel to L side (7), return L heel to neutral (&), pop R heel to R side (8) 12:00

[9 – 16] Point R 'front back side to side', step 'front front back back', heel 'side to side'

- 1 – 2 Point R fw (1), point R backwards (2) 12:00
3&4 Point R to R side (3), step R next to L (&), point L to L side (4)
5&6& Step L fw (5), step R next to L (&), step L back and to L side (6), step R back and to R side (&)
7&8 Pop L heel to L side (7), return L heel to neutral (&), pop R heel to R side (8) 12:00

[17 – 24] Hitch R 'up', step R 'down', ½ triple turn 'round and round', bounce heels 'up up down down', full hip roll L 'all around'

- 1 – 2 Hitch R knee 'up' (1), step R 'down' to R side prepping upper body to R side (2) 12:00
3&4 Spin ½ L on L (3), step out R (&), step out L (4) 6:00
&5&6
&7&8 Lift heels off the floor (&), step down on heels (5) – repeat heel bounces on &6&7&8 and at the same time roll hips anticlockwise a full turn around ending with weight on L

[25 – 32] Hitch R 'up', step R 'down', ½ triple turn 'round and round', bounce heels 'up up down down', full hip roll L 'all around'

- 1 – 2 Hitch R knee 'up' (1), step R 'down' to R side prepping upper body to R side (2)
3&4 Spin ½ L on L (3), step out R (&), step out L (4) 12:00
&5&6
&7&8 Lift heels off the floor (&), step down on heels (5) – repeat heel bounces on &6&7&8 and at the same time roll hips anticlockwise a full turn around ending with weight on L

SECTION C

[1 – 8] R cross rock, & L cross rock, ¼ L, fw R, syncopated mambos L and R

- 1 – 2& Cross rock R over L (1), recover back on L (2), step R a small step to R side (&) 12:00
3&4& Cross rock L over R (3), recover back on R (&), turn ¼ L stepping L fw (4), step R fw (&) 9:00
5 – 6& Rock L fw (5), recover weight back on R (6), step L next to R (&)
7 – 8& Rock R fw (7), recover weight back on L (8), step R a small step backwards (&)

[9 – 16] Cross unwind ½ R, sailor ¼ R with prep, 1½ triple L, step ½ L

- 1 – 2 Cross L over R (1), unwind ½ R on L (2) 3:00
3&4 Cross R behind L (3), turn ¼ R stepping L a small step to L side (&), step R fw prepping upper body to R side for L turn (4) (R foot should be pointed slightly to R corner) 6:00
5&6 Turn ½ L stepping fw on L (5), turn ½ L stepping back on R (&), turn ½ L stepping fw on L (6) 12:00
7 – 8 Step fw on R (7), turn ½ L stepping fw on L (8) 6:00

[17 – 24] Ball big step fw, together, knee splits X 2, ¼ L into syncopated mambos L and R

- &1 – 2 Step R next to L (&), step L a big step fw (1), step R next to L (2) – weight even 6:00
&3&4 Split knees popping them to both sides (&), bring knees together (3), Repeat splits (&4)
&5 – 6& Turn ¼ L on R (&), rock L fw (5), recover weight back on R (6), step L next to R (&) 3:00
7 – 8& Rock R fw (7), recover weight back on L (8), step R a small step backwards (&)

[25 – 32] Cross, knee pop ½ turn R, behind side cross, L side mambo ¼ R, walk R L

- 1&2 Cross L over R (1), turn ¼ R popping both knees fw (&), turn ¼ R stepping down on L (2) 9:00
3&4 Cross R behind L (3), step L to L side (&), cross R over L (4)
5&6 Rock L to L side (5), turn ¼ R recovering weight to R (&), step fw on L (6)
7 – 8 Walk R fw (7), walk L fw (8) 12:00

Begin again!...

NOTE! Phrasing explanation of the A, B and C sections:

The 2nd, 3rd, 4th and 5th time you do A you change the last 4 counts (counts 29-32) from 2 half turns to a 4 count walk around ½ turn L walking R L R L.

All of this means that you start your 3rd and 5th A section facing 6:00.

Now section A is a 2 wall dance and as a result you always do B and C facing 12:00!

Tips: In the B section you do what Marz tells you to do... The C section always starts exactly after Marz has started singing 'She said'.

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