

Me You, You Me!

COPPER **KNOB**
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate
編舞者: M.T. Groove (UK) - February 2011
音樂: Carry Out (feat. Justin Timberlake) - Timbaland



Start on vocals

ROLL DOWN, STEP POINT, HOLD & ¼ TURN POINT, WALK BACK, HITCH BALL POINT

1&2 Body roll down (start at head), Step back R, Point L to L side
3&4 Hold, Make a ¼ turn L close L next to, Point R to R side (9.00)
5-6 Walk back R,L.
7&8 Hitch R knee, Step down on R, Point L to L side

Arm movement for count 7&8 (not optional)! With arms bent at elbow and fingers interlinked in front of chest palms facing down.

As you hitch your R knee hit your R elbow and ripple your arms/hands from R to L so you finish your arm/hand ripple on count 8 as you point to L side.

¼ BALL STEP TOGETHER, WALK L,R, STEP 1/2 PIVOT SWEEP, CROSS & CROSS

&1-2 Close L next to R, make ¼ turn L step back R, Step L next to R push butt out a little(6.00)
3-4 Walk forward L R
5&6 Step fwd L, Pivot ½ turn R taking weight in R, Sweep L out and around (12.00)
7&8 Cross L over R, Step R to R side, Cross L over R * restart here during wall 6 (facing 3.00)

Although L crossed over R, the weight is L so you're able to start again from this position.

CROSS HOLD, ¼ BACK TOGETHER CROSS, HOLD ¼ BACK TOGETHER, CROSS LOW KICK

1-2 Cross R over L, Hold
&3-4 Make ¼ turn R step back on L, Close R next to L, Cross L over R. (3.00)
5&6 Hold, Make ¼ turn L step back R, Close L next to R, (12.00)
7-8 Cross R over L, Low kick L to L diagonal

BALL SIDE STEP/KNEE POPS, HIP PUMPS X2, ¼ STEP HOLD, BALL STEP, ¼ BALL TOUCH

&1&2 Step L next to R, Step R to R side as you pop the R knee out in out. Weight R.
3-4 Pump hips forward and to L diagonal twice, weight ends up on L
5-6 Make ¼ turn R step forward on R, Hold (3.00)
&7&8 Step L next to R, Step forward R, Make ¼ turn R step L next to R, Touch R toe forward (6.00)

SIDE STEP, HEEL IN, HEEL CENTRE, HEEL IN, SIDE STEP DRAG, ¼ BACK TOUCH, ¼ STEP ½ SPIN

1-2 Step R to R side, on ball of L swivel L heel in, weight R (6.00)
3&4 Return heel to centre, Take L heel in, Big step L to L side as you drag in R next to L, weight on L
5-6 Make ¼ turn L step back R, Touch L next to R. (3.00)
7-8 Make ¼ turn L step forward L, Spin ½ turn L on L bringing R next to L. Weight L (6.00)

HOLD ¼ OUT OUT, HOLD BALL WALK WALK, ¾ PIVOT SIDE, SLIDE STEP

1&2 Hold, Make ¼ turn R stepping out R,L. (9.00)
3&4 Hold, Step L next to R, Step forward on R
5-6& Step forward L, Step forward R, Pivot ¾ turn L (weight on L), (12.00)
7-8 Step R a big Step to R side, Slide L to R making ¼ turn R (weight evenly placed) (3.00)

Start over and enjoy