

Black and White

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Advanced Beginner
編舞者: William Sevone (UK) - March 2011
音樂: Black & White - G.NA : (Single or Album: Black & White)



Choreographers note:- K-Pop (Korean pop music) dance with two easy Tags to keep within the dance level . Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.
Dance starts on count 17 with the heavy beat one count AFTER the start of the vocals – feet apart and weight on left.

Hip Bumps and Hooks (12:00)

(feet slightly apart with hands on hips)

- 1 – 2 Bump hips to left. Bump hips to right.
- 3 – 4 Bump hips to left. weight on right - Hook left foot behind right leg.
- 5 – 6 Step left to left side - bumping hips left. Bump hips right.
- 7 – 8 Bump hips to left. weight on right - Hook left foot behind right leg.

2x Slow 'Scissor'. Side Rock. Recover (12:00)

- 9 – 10 Step left to left side. Step right next to left.
- 11 – 12 Cross left over right. Step right to right side.
- 13 – 14 Step left next to right. Cross right over left.
- 15 – 16 Step/rock left to left side. Recover onto right.

3x Fwd Tap-Back. Back Rock with Dip. Recover (12:00)

- 17 – 18 Tap left toe in front of right. Step backward onto left.
- 19 – 20 Tap right toe in front of left. Step backward onto right.
- 21 – 22 Tap left toe in front of right. Step backward onto left.
- 23 – 24 Turn upper body to right & rock backward onto right. Turn upper body fwd & recover onto left (12).

Dance note: Count 23 – dip right shoulder with rock.

3x Hitch-Diagonal. 3/4 Side Rock. Recover (3:00)

- 25 – 26 Hitch right knee. Step right diagonally forward left.
- 27 – 28 Hitch left knee. Step left diagonally forward right.
- 29 – 30 Hitch right knee. Step right diagonally forward left.
- 31 – 32 Turn ¾ left & rock left to left side. Recover onto right (prepare to shift weight to left)

TAG: After Wall 5 and Wall 9 (after Chorus) - facing the 3:00 wall.

16 Count Full On-The-Spot Turn.

- 1 – 2 Tap left next to right. Step left to left side.
- 3 – 4 Turn 1/8th left & tap right next to left. Turn 1/8th left & step right to right side (12)
- 5 – 6 Tap left next to right. Step left to left side.
- 7 – 8 Turn 1/8th left & tap right next to left. Turn 1/8th left & step right to right side (9).
- 9 – 10 Tap left next to right. Step left to left side.
- 11 – 12 Turn 1/8th left & tap right next to left. Turn 1/8th left & step right to right side (6).
- 13 – 14 Tap left next to right. Step left to left side.
- 15 – 16 Turn 1/8th left & tap right next to left. Turn 1/8th left & step right to right side (3).

Styling note: On 'taps' turn foot slightly inward – on all, use hips

DANCE FINISH: On 13th Wall count 26 facing 'Home' (12:00)

Replace counts 25-26 with the following:

- 25 – 26 Bending knees and extending right to right side. Hold.

