

My Motivation

COPPERKNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Guyton Mundy (USA) - April 2011
音樂: Tonight (I'm loving you) (feat. Ludacris) - Enrique Iglesias



[1-8] samba cross X2, walk, rock, recover, 1/2 turn

1a2 cross right over left, step left slightly to left side, step together with right
3a4 cross left over right, step right slightly to right side, step together with left
5-6 step forward on right, rock forward on left
7-8 recover on right, make a 1/2 turn over left stepping forward on left

[9-17] 1/4 side, sailor X2, rock, recover, back lock back

1 make a 1/4 turn to the left stepping right to right side
2&3 step left behind right, step together with right, step forward on left
4&5 step right behind left, step together with left, step forward on right
6-7 rock forward on left, recover on right
8&1 step back on left, lock right over left, step back on left

[18-25] 1/2 turn, 1/2 turn, sailor out, out, out, 1/4 turn coaster

2-3 make a 1/2 turn to right stepping forward on right, make a 1/2 turn to right stepping back on left
4&5 step back on right, step together with left, step out to right with right with a slight hip push to right
6-7 step left out to left with a slight hip push to left, step right out again with slight hip push to right
8&1 step left behind right, step together with left, step forward on right as you make a 1/4 turn to left

[26-33] 1/2 turn, coaster, step lock step, press, hip rolls with press

2 make a 1/2 turn to left stepping back on right
3&4 step back on left, step together with right, step forward on left
5&6 step forward on right, lock left behind, step forward on right
7-8& press forward on ball of left foot, rock back on right as you roll hips back, recover on left as you roll hips forward
a1 rock back on right as your roll hips back, then press forward on left as you roll hips forward.

(note. this is a quick hip roll. hips should start going in a figure 8 motion when start to roll them back, going slightly out to the right then around to the left then forward to the right and around to the left. When in doubt just hit the press forward on count 1)

[34-41] recover, coaster with touch, touches X4, chest pop

2 recover on right
3&4 step back on left, step together with right, touch left forward slightly in front of right
&5 step back on left, touch right forward
&6 step back on right, touch left forward
&7 step back on left, touch right forward
&8 step back on right, touch left forward
&1 with arms up and extended out to either side, pop chest forward then back to neutral.

(remember weight is still back on right with your left foot touching forward.)

[42-48] coaster, box glide (or walk around) 3/4 triple

2&3 step back on left, step together with right, step forward on left
4 step right to right side
5 make a 1/4 turn to left stepping left to left side
6 make a 1/4 turn to left stepping right to right side

7&8 make a 3/4 turn over left shoulder stepping left right left

[49-57] side, cross rock, recover, triple to the side, cross rock recover, triple to the side

1-2-3 step right to right side, cross rock left over right, recover on right

4&5 step left to left side, step together with right, step left to left side

6-7 cross rock right over left, recover on left

8&1 step right to right side, step together with left, step right to right side

(on these last counts, keep body slightly turned out to the left, it will make it flow better into the next pattern)

[58-64] 1/4 turn coaster, 1/2 turn, coaster, walk, walk

2&3 make a 1/4 turn to the left while stepping back on left, together with right and forward on left

4 make a 1/2 turn to left stepping back on right

5&6 step back on left, step together with right, step forward on left

7-8 walk forward right, left

Restart. There is one restart in the dance. it happens on the 2nd wall,

(first time on the back wall) you will do the first 32 counts of the dance.

This is at the part of the press and hip rolls, you press forward on count 7, on count 8 just hold and keep weight on left foot and then restart the dance on the front wall.
