

Extremely Perfect

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Olivia - April 2011
音樂: F**kin' Perfect - P!nk



Intro: 32 counts

Catwalk Forward , English Cross $\frac{1}{4}$, Anticlockwise Arc Step , Rock, Recover , Sailor Cross

- 1-2 Cross walk right foot over left foot , cross walk left foot over right foot
&3 Turn $\frac{1}{4}$ left small stepping right foot to right side , cross left foot over right foot
&4& Turn $\frac{1}{4}$ left stepping right foot back , lock left foot over right foot , turn $\frac{1}{4}$ left stepping right foot back
5-6 Rock left foot to left side , recover weight on right foot
7&8 Cross left foot behind right foot , step right foot to right side , cross left foot over right foot

Botafogo , Side , Drag Ball Cross , Heel Jack

- 1&2 Rock right foot to right side , recover weight on left foot , cross right foot over left foot
3&4 Rock left foot to left side , recover weight on right foot , cross left foot over right foot
5-6 Long step right foot to right side , drag left foot towards right foot
&7&8 Step left foot in place , cross right foot over left foot , step left foot to left side , dig right heel diagonally to right

Ball Cross , Hold , Syncopated Crossing Shuffle , Syncopated Rock Step

- &1-2 Step right foot in place , cross left foot over right foot , hold
&3&4 Small step right foot to right side , cross left foot over right foot , small step right foot to right side , cross left foot over right foot
5-6& Rock right foot to right side , recover weight on left foot , step right foot beside left foot
7-8 Rock left foot to left side , recover weight on right foot

Sailor $\frac{1}{4}$, Pivot $\frac{1}{2}$, Kick , Lunge , Recover , Coaster Hitch

- 1&2 Turn $\frac{1}{4}$ left crossing left foot behind right foot , step right foot to right side , step left foot to left side
3-4 Step right foot forward , turn $\frac{1}{2}$ left
5&6 Kick right foot forward , press down right foot (body slightly leans forward) , recover weight on left foot (return body to centre)
7&8 Step right foot back , step left foot beside right foot , lift up right foot

Tags:

At the end of wall 2 , add

- 1-2& Rock right foot to right side , recover weight on left foot , step right foot beside left foot
3-4 Step left foot to left side , touch right toes beside left foot

At the end of wall 6 , add

- 1-4 Hip bump right , left , right , left