

Bottle Pop

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Francien Sittrop (NL) - September 2011
音樂: Last Night (feat. Snoop Dogg & Bobby Anthony) (Shot Radio Edit) - Ian Carey :
(3:08)



Intro: Start after 16 counts

[1 – 8] Out , Out (squats), Shuffle Back, Rock Recover, Kick Ball Step

1 – 2 Step R out , Step L out (bend knees)
3 & 4 Step R Back, Step L next to R, Step R back
5 – 6 Rock L back Recover on R
7 & 8 Kick L fwd, Step L down, Step R fwd

[9-16] Step Pivot ½ Turn R, Fwd , Toe Touches, ¼ Turn R with Body Roll

1 – 2 Step L fwd, ½ Turn R (06.00)
3 – 4 Step L Fwd, Touch R to R side
&5&6 Step R next to L, Touch L to L side, Step L next R, Touch R toe to R side
7 - 8 Body roll with ¼ Turn R , Step Down on R (weight ends on R) (09.00)

[17-24] Rocking Chair, Step Pivot ¼ R, Cross Shuffle

1 – 4 Rock L fwd, Recover on R, Rock L back , Recover on R
5 – 6 Step L fwd , Pivot ¼ Turn R (12.00)
7 & 8 Step L across R, Step R to R side, Step L across R

[25-32] Dip , Raise , Diag fwd Shuffle, Cross Rock , Step Back & Drag

1 – 2 Step R big Step R with knees Bend, Raise and Step L next to R
3 & 4 Step R Diag R fwd, Step L next to R, Step R fwd
5 – 6 Rock L across R, Recover on R
7 – 8 L step Back , Drag R next to L ***** Restart here wall 3 & 6 (12.00)

[33-40] Roll Out Out, Knee pop in , Out with ¼ Turn R, Hitch, Coaster Step, Step fwd

1 – 2 Step R to R side and Roll R knee out, Roll L knee out
3 – 4 Pop R knee in. Pop R knee out with ¼ Turn R (03.00)
5 Hitch R knee
6 & 7 Step R back, Step L next to R, Step R fwd
8 Step L fwd

[41-48] Out Out, Swivels in, ¼ L with shuffle back, Shuffle ½ Turn L

1 – 2 Step R out , Step L out
3 & 4 Swivel Both Heels in, Both toes in , Both Heels in (weight ends on L)
5 & 6 ¼ Turn L Step R back, Step L next to R, Step R back (12.00)
7 & 8 Shuffle ½ Turn L with L , R, L ***** Restart here wall 4 (06.00)

[49-56] Knee Pops (Lift also Shoulders) , Touch Back, ½ Turn R

1 & 2 Step R fwd, Pop both knees , Both heels down
3 & 4 Step R back, Pop both knees , Both heels down
5 & 6 Step L back, Pop both knees , Both heels down
7 – 8 Touch R back, ½ Turn R (12.00)

Option : count 1 – 6 Pop your shoulders when you do the knee pops

[57-64] Jazz Box ¼ Turn L, Cross Rock Recover, Touch Side , ¼ Turn L

1 – 2 Step L across R, Step R back

3 – 4 ¼ Turn L step L fwd, Step R fwd (09.00)

5 – 6 Rock L across R, Recover on R

7 – 8 Touch L to L side, ¼ Turn L (weight ends on L (06.00)

Option; Hand moves 7 – 8 : Put your fist in front of your body(7) and pull yourself a ¼ Turn L(8)

Restarts:

Wall 3 & 6 after count 32 start again with count 1

Wall 4 after count 48 start again with count 1
