

Xcite Me!

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Michael Lynn (UK) - August 2011
音樂: Wet (David Guetta Edit) - Snoop Dogg : (3:16)



Clean Music: "Sweat (David Guetta Edit) (3:16)" by Snoop Dogg (16 count intro, 135bpm)
(16count intro, 135bpm)

JAZZBOX 1/4 TURN LEFT, JAZZBOX 1/4 TURN LEFT

1-2 Cross left over right, step right back,
3-4 Turn 1/4 left as step left to left side, step slightly forward right,
5-6 Cross left over right, step right back,
7-8 Turn 1/4 left as step left to left side, step slightly forward right.

SIDE HEEL SWIVELS x2, PADDLE 1/2 TURN, CROSS TOUCH

1&2 Touch left forward, swivel both heels left (as you twist body right), return to centre (weight on left),
3&4 Touch right forward, swivel both heels right (as you twist body left), return to centre (weight on right),
5-7 Paddle 1/2 turn right over 3 counts,
8 Cross touch left over right.

RESTART: On wall 5 (facing front), dance upto count 15, hold for count 16 and restart the dance.

SIDE TOUCH-CROSS STEP, SIDE TOUCH-CROSS TOUCH-SIDE TOUCH, WEAVE LEFT WITH TOUCH

1-2 Touch left to left side, cross step left over right,
3-4 Touch right to right side, cross touch right over left,
5 Touch right to right side,
6-7-8 Cross right over left, step left to left side, cross right behind left,
1 Touch left toe to left side.

CROSS, HINGE 1/2 TURN LEFT, RIGHT ROCK RECOVER, RIGHT COASTER STEP

2 Cross step left over right,
3-4 Step right back as you 1/4 turn left, step left 1/4 turn left,
5-6 Rock forward right, recover left,
7&8 Step right back, step left beside right, step forward right.

ALT STEPS: Counts 7&8 can be replaced with a full triple turn right – stepping right, left, right.

CHOREOGRAPHER'S NOTE'S

RESTART: On wall 5 (facing front), dance upto count 15, hold for count 16 and restart the dance.

Clean Music : "Sweat (David Guetta Edit) (3:16)" by Snoop Dogg (16 count intro, 135bpm)

Single: "Wet/Sweat" by Snoop Dogg

The clean version of the track is exactly the same except Snoop Dogg sings he wants to make you sweat.

This dance can be a floor split with Ria Vos's intermediate dance "Sweaty Dogg".