

I Know You Like

COPPER **KNOB**
BY STEPHEN

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Shaz Walton (UK) - April 2012
音樂: She Doesn't Mind - Sean Paul : (Single - iTunes)



Count in.....64 counts... start on the first rap section.

Push back x2. Coaster step. forward. Twist ¼ x2. Slow full turn.

1-2 Step right a big step back. Step left a big step back. (Push hips & bottom back here)
3&4 Step back right back. Step left back. Step right forward.
5-6-7 Step forward left. On your toes, twist ¼ turn right. On your toes, twist ¼ left. (weight left)
8-1 With weight on left (left knee bent) and right knee raised, make a full slow turn over right shoulder.

Side. Sailor step. slow anti clockwise hip roll ¼. Bump back.

2 Step right to right side.
3&4 Cross step left behind right. Step right to right side. Step left to left side.
5-6-7 Roll hips slowly a full anti clockwise circle making a ¼ turn left with weight on right foot.
8 Push hips back sharply, weight still on right.

Step. Touch. Hold. Step touch. Step. touch. Out. Out. Hold. Together cross. ¼ right.

&1-2 Step left beside right. Touch right beside left. HOLD.
&3&4 Step right beside left. Touch left beside right. Step left beside right. Touch right beside left.
(Keep these steps tight, bend your knees or 'drop it low as he sings!'
&5-6 Step right to right side. Step left to left side. HOLD (weight left)
&7-8 Step right beside left. Cross step left over right. Make ¼ turn right. (weight left)

Step. brush. Brush back. Touch. Snake roll. Sit. Step. ¼. Step.

&1-2 Step right beside left. Brush left forward (now facing 1 o'clock) brush left foot back (still facing 1 o'clock)
3-4-5 Touch left back (still facing 1 o'clock) Snake roll back (for 4-5)
6&7-8 Sit over left hip. Step right beside left. Cross step left over right. Make ¼ turn right stepping right forward.

Step. Touch back. Rolling vine. Side. Touch back. Step. Step.

1-2 Step left to left side. Touch right behind left. (Use head & arms)
3-4-5 Make ¼ right stepping right forward. Make ½ turn right stepping back left. Make ¼ right stepping right to tight.
6 Touch left behind right (Use head & arms)
7-8 Step left to left pushing left hip to left side. Step right to right pushing right hip to right side.

Ball. Cross. Hold. Ball cross. ¼ forward. Back. Coaster step. Stomp forward.

&1-2 Step left beside right. Cross step right over left. HOLD
&3&4 Step left to left side. Cross step right over left. Step left forward making ¼ left. Step right forward.
5-6&7 Step left back. Step right back. Step left back. Step forward right.
8 Stomp left forward.

Back/kick. Hold. Run back ¼ x3. Coaster dip. Recover dip. Step.

1 Step back right as you kick left forward.
2&3-4 HOLD. Make a ¼ turn left running back, stepping left – right – left. (Make a small arc)
5& Step right back. Step left back.

6&7-8 Step/rock right forward as you dip down. Step left just behind as you recover. Step/ rock right just in front of right. Step left forward (these are small knee bends/dips)

Rock forward recover. Back. ¼ rock. Recover . Sailor step. Walk. Press.

1-2 Rock forward right. Recover back on left.

&3-4 Step back right. Rock left to left making ¼ left. Recover on right.

5&6 Cross step left behind right. Step right to right. Step left forward.

7-8 step right forward. Press/lunge forward on left.

Start the dance again 'pushing back'

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