

# Tian Lan Lan

COPPER KNOB  
BY STEPHEN

拍數: 64      牆數: 4      級數: Phrased Improver  
編舞者: Yeoh Soo Choon (MY) - July 2012  
音樂: Tian Lan Lan (天藍藍) - Vivian Chow (周慧敏)



Dance sequence : AABAABBAAA

Intro : Start on main Vocal

Part A - 4 Wall ( 32 cts )

[1-8] R Kick & Touch L & Point R & Point L, 2 x 1/4 L Paddle Turns, R Lunge With Shoulder Pop RLR

1&2            Kick R forward, Step R beside L, Touch L beside R  
&3&4           Step L beside R, Point R to R side, Step R beside L, Point L to L side  
&5&6           Step L beside R, turns 1/4 L hitch R & touch R to R side, Hitch R, turns 1/4 L touch R to R side ( 6.00 )  
7&8            Step R in place & lunge R to R side push shoulder or ribcage RLR, end with weigh on R ( 6.00 )

[9-16] L Ball Change, Cross R Over L, Hold, & Cross & Cross, 2x 1/4 R, L Reverse Sailor Step

&12            Drag L beside R , Cross R over L, Hold  
&3&4           Step L Slightly to L, Cross R over L. Step L Slightly to L, Cross R over L  
5-6            1/4 R step L behind R, 1/4 R step R to R side ( 12.00 )  
7&8            Cross L over R, Slightly back Step R to R side, Slightly back Step L to L side ( 12.00 )

[17-24] Hitch R, Back Recover Back, Hitch L, Back Recover Back, R Ball Change, Walk LR, 1/2 R Back Lock Step

&1&2           Hitch R, Cross R behind L, Recover on L, Cross R behind L  
&3&4           Hitch L, Cross L behind R, Recover on R, large step L behind R  
&5-6           Lean body backward Drag Step R beside L, walk forward LR  
7&8            Turning 1/2 R , Back Lock step on LRL ( 6.00 )

[25-32] R Coaster Step, L Forward Lock Step, 3/4 R Walk Circling RLRL

1&2            Step back on R, Step L next to R, Step forward on R  
3&4            Forward Lock Step on LRL  
5-6-7-8       Walk Circling make 3/4 R turns with RLRL, feet together on last ct. ( 3.00 )

Part B - 2 Wall ( 32 cts )

1-8            ] 2 X { Diagonal Knee pop, doeward Knee pop } , Cross shuffle RLR, 1/2 L Cross shuffle LRL  
1-2            L Diagonal Pop both knee, Straighten up pop both knee forward ( Raised heels when perform knee pop ) ( 6.00 )  
3-4            Repeat 1-2

Hand movement : Swing both arm anti-clockwise down & up to right side at chest level, hold fist. ( 1 ) Swing both arm clockwise down & up to front at chest level , hold fist ( 2 )

5&6            Cross Shuffle RLR ( 6.00 )  
7&8            makes 1/2 L Cross Shuffle LRL ( 12.00 )

[9-16] 3/4 R Shuffle turns, L Rocking chair, R Kick Ball Point

1&2&3           1/4 R turns step R forward ( 1 ) step L beside R ( & ), repeat these two steps to complete  
&4            3/4 R turns as RLRLRLR. Ending with weighs on R. ( 9.00 )  
5&6&           Rocking Chair LRLR  
7&8            Kick L forward, step L beside R, Point R to R ( 9.00 )

**[17-24] Modified R&L Kick ball change, 1/2 R Side Shuffle RLR, 1/2 R Side Shuffle LRL**

- 1&2& Kick R forward, step R beside L, Step L behind R , Recover weight on R  
3&4& Kick L forward, step L beside R, Step R behind L , Recover weight on L  
5&6 Makes 1/4 R turns,Side Cha Cha RLR ( 12.00 )  
7&8 Makes 1/4 R turns,Side Cha Cha LRL ( 3.00 )

**[25-32] 1/4 R Sailor Step. 1/2 L Sailor Step, Pissy Walk Backward RLRL**

- 1&2 R Sailor Step with 1/4 R turns. ( 6.00 )  
3&4 L Sailor Step with 1/2 L turns. ( 12.00 )  
5&6 Step & Cross R behind L, Step & Cross L behind R ( 12.00 )  
7&8 Repeat 5&6 ( 12.00 )

**Ending : Dance Part A till 28 cts and walk 1/2 R with RLRL to 12.00**

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