

Turn Up The Music

COPPERKNOB
STEPSHEETS

拍數: 96
編舞者: Rebecca Lee (MY) - July 2012
音樂: Turn Up the Music - Chris Brown

牆數: 2

級數: Phrased Intermediate



Dance Sequence: A,B,C,A,B,A,B,C,A,A,B,C,A,B
Start after 32 counts from the first beat of the music

PART A - 32 counts

R Lunge, R Hold, R Ball Change Cross, R Touch, R Cross, L Touch, ½ Turn L

1,2 Press R diagonal, Hold
&3,4 Step R next to L, Cross L over R, Touch R to R side
5,6 Cross R over L, Touch L forward
7,8 Touch L back, Make ½ turn L (no weight change)

Side Rock Cross, R Touch, ¼ Turn R, Bodyroll, R Coaster Step

1&2 Rock L to L side, Recover R, Cross L over R
3,4 Touch R to R side, Make ¼ turn R stepping R weight down
5,6 Body roll forward
7&8 Step R back, Step L next to R, Step R forward

L Dorothy Steps, R Dorothy Steps, L Heel, R Heel, L Forward, Drag R

1,2& Step L diagonally L fwd, Lock R behind L, Step L diagonally L fwd
3,4& Step R diagonally R fwd, Lock L behind R, Step R diagonally R fwd
5&6& Step L heel fwd, Step L next to R, Step R heel fwd, Step R next to L
7,8 Big Step L fwd, Drag R next to L

Box Glide, Shoulder Pop Side to Side, Hip Roll

1,2 Make ¼ turn R stepping R to R side, Make ¼ turn L stepping L to L side
3,4 Make ¼ turn R stepping R to R side, Make ¼ turn L stepping L to L side
5,6 Push R shoulder to R side, Push L shoulder to L side
7,8 Hip rotate from L to R (Touch R beside L)

PART B - 32 counts (16c x 2)

R Touch, Hold, R Touch, Hold, Body Pump, ½ Turn R

1,2 Touch R to R side, Hold
&3,4 Step L next to R, Touch R to R side, Hold
5,6 R weight down, Hold (arm: like push fwd twice)
7,8 Make ½ turn R stepping L to L Side, Hold (arm: swing your hand up to the L)

Body Pump, ½ turn R, Jazz box ¼ turn L

1,2 Hold (arm: like doing push fwd twice)
3,4 Make ½ turn L stepping R to R side, Hold (arm: swing the hand up to the R)
5,6,7,8 Cross L over R, Step L back, Make ¼ turn left Stepping L to L side, Step R next to L

(Repeat Part B 16counts)

PART C - 32 counts

Paddle ½ turn L, Head Roll

1,2 Step R forward, Pivot ¼ L with hip roll
3,4 Step R forward, Pivot ¼L with hip roll
5,6,7,8 Hold, (Hip Roll from L to R slowly)

Paddle ½ turn, Hip Roll

- 1,2 Step R forward, Pivot ¼ L with hip roll
3,4 Step R forward, Pivot ¼ L with hip roll
5,6,7,8 Hold (Roll the head from R to L Slowly)

Rolling Vine R, Lasso Swing

- 1,2 Make ¼ turn R stepping R fwd, Make ½ turn R stepping R back
3,4 Make ¼ turn R stepping R to R, Step L to L
5,6,7,8 Hold (Swing your hand up like swing a lasso slowly from L to R)

Rolling Vine L, Freestyle Roll

- 1,2 Make ¼ turn L stepping L fwd, Make ½ turn L stepping L back
3,4 Make ¼ turn L stepping L fwd, Step R to R
5,6,7,8 Step R next to L (**Anyroll that you feel comfortable (Body Roll, Hip Roll, Head Roll)

Dance With Beat & Feel The Heat
