

Move Your Thang

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Advanced
編舞者: Jacob Ballard (USA) & Tajali Hall (CAN) - September 2012
音樂: Go to Work (feat. The Pimps of Joytime) - J Boogie's Dubtronic Science :
(iTunes)



48 count intro

Note: The song is close to 5 minutes long, so we suggest fading it out around 4:00.

FULL MONTEREY TURN, SYNCOPATED ROCK/RECOVER CROSS, ROCK, RECOVER, BEHIND SIDE CROSS

- 1-2 Touch right toe to right side, full turn over right shoulder on ball of left stepping right next to left (12:00)
- 3&4 Rock left to left side, recover weight to right, cross left over right
- 5-6 Rock right to right side, recover weight to left
- 7&8 Step right behind left, step left to left side, cross right over left

BALL STEP, CROSS, ¼ TURN, ¼ TURN, HIP BUMP, ¼ TURN, ¼ TURN SYNCOPATED PIVOT, CROSS

- &1 Small step to left side with left foot, step right next to left opening slightly to right diagonal
- 2-3 Cross left over right (body still open towards right diagonal), ¼ turn right stepping forward on right (3:00)
- 4 ¼ turn right stepping left to left side (6:00) so weight is even and feet are slightly apart
- &5 Quick hip bumps right, left
- 6 ¼ turn right stepping forward on right (9:00)
- 7&8 Step forward on left, ¼ turn pivot right, cross left over right (12:00)

¼ TURN, ¼ TURN, OUT, OUT, HIP ROLLS x2, KICK BALL STEP

- 1-2 ¼ turn left stepping back on right (9:00), ¼ turn left closing left in next to right (6:00)
- 3-4 Step right to right side, step left to left side so feet are slightly less than shoulder-width apart
- 5-6 Roll hips counter-clockwise twice
- 7&8 Small kick forward with right, step right next to left, step left forward

FORWARD STEP, STEP WITH 1/8 TURN, SAILOR STEP x2, ½ TURN HEEL SWIVELS

- 1-2 Step forward on right, step forward on left angling 1/8 turn to right diagonal (7:30)
- 3&4 Cross right behind left, step left next to right, step right to right side (still facing right diagonal)
- 5&6 Cross left behind right, step right next to left, step left forward squaring up to 6:00
- 7&8 ¼ turn right swiveling heels left (9:00), swivel heels to center, ¼ turn right swiveling heels left and ending with weight back on left foot (12:00)

RIGHT COASTER, WALK FORWARD x2, KICK, SIDE POINTS x3

- 1&2 Step back on right, step left next to right, step forward on right
- 3-4 Walk forward left, walk forward right
- 5&6 Small kick forward with left foot, step left next to right, point right to right side
- &7&8 Step right next to left, point left to left side, step left next to right, point right to right side

WALK, WALK, ANCHOR STEP, ½ TURN, ¼ TURN, BEHIND SIDE CROSS

- 1-2 Walk forward right, walk forward left
- 3&4 Step right behind left, step left in place, step right in place
- 5-6 ½ turn left stepping forward on left (6:00), ¼ turn left stepping right to right side (3:00)
- 7&8 Step left behind right, step right to right side, cross left over right

SIDE ROCK, RECOVER, CROSS SHUFFLE, ¼ TURN, ¼ TURN TOUCH, BIG STEP, DRAG, BALL STEP

- 1-2 Rock right to right side, recover weight to left

- 3&4 Cross shuffle to left (Cross right over left, step left to left side, cross right over left)
- 5&6 ¼ turn right stepping back on left (6:00), ¼ turn right touching right next to left (9:00), big step with right to right side
- 7 Drag left next to right
- &8 Step left next to right, cross right over left

¼ TURN, ½ TURN, COASTER STEP, STEP FORWARD, ½ TURN POINT, CROSS SIDE CROSS

- 1-2 ¼ turn left stepping forward on left (6:00), ½ turn left stepping back on right (12:00)
- 3&4 Step back on left, step left next to right, step forward on left
- 5-6 Step forward on right, ½ turn right on ball of right foot pointing left to left side
- 7&8 Cross left over right, step right to right side, cross left over right

START AGAIN!

Tag: Happens at the end of walls 1 and 4; both times you'll start and end the tag at 6:00.

STEP, DRAG, BALL CROSS, ¼ TURN, 3/8 TURN, STEP FORWARD, ½ CHASE TURN, STEP FORWARD

- 1-2 Large step with right to right side, drag left next to right
- &3 Step left next to right, cross right over left
- 4&5 ¼ turn right stepping back on left, 3/8 turn right to right diagonal stepping forward on right, step forward on left
- 6&7 Step forward on right, pivot ½ turn left (to diagonal), step forward on right
- 8 Step forward on left (still facing diagonal)

STEP FORWARD, 7/8 SPIRAL TURN, STEP FORWARD, SYNCOPATED ROCK/RECOVER, ¼ TURN, ½ TURN ROCK, RECOVER, CROSS

- 1 Step forward on right prepping for turn over left shoulder
- 2-3 Turn 7/8 left on ball of right foot lifting left foot to right knee (like a figure "4") squaring up to side wall, step forward on left
- 4&5 Rock forward on right, recover weight to left, ½ turn right stepping forward on right
- 6-7-8 ¼ turn right rocking left to left side, recover weight to right, cross left over right

Restart #1: After first 16 counts of wall 3. You'll be facing 12:00 when it happens and start the dance again at wall 4

Restart #2: After first 16 counts of wall 6. You'll be facing 12:00 when it happens and start the dance again at wall 7

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