

Show Me How You Burlesque

COPPER **KNOB**
BY STEPHEN

拍數: 148 牆數: 2 級數: Phrased Intermediate
編舞者: Sophie Dick (BEL) - December 2012
音樂: Show Me How You Burlesque - Christina Aguilera



Dance Sequence: A – TAG 1 – B – TAG 2 – A – B – C – B
Count in: approximately 16 counts after Christina has done her intro

PART A : 64 COUNTS

[1-8] STEP FORWARD, KICK, JAZZ BOX CROSS, SIDE STEP, CROSS BEHIND

1 – 2 step L forward, kick R diagonal to the right
3 – 4 cross R over L, step L back
5 – 6 step R to the right, cross L over R
7 – 8 step R to the right, cross L behind R

[9-16] TOE STRUT, TOE STRUT CROSS, DIAGONAL FORWARD MAMBO, STEP BACK WITH HOLD

1 – 2 point R toe next to R, drop R heel
3 – 4 cross (and point) left toe over R, drop L heel
5 – 6 step R to diagonal R, recover on L
7 – 8 Step R back to diagonal L, hold

[17-24] SIDE STEP, CROSS IN FRONT, SIDE JUMPS, TOE STRUT CROSS, TOE STRUT ¼ TURN L

1 – 2 step L to the left, cross R over L
3 – 4 2 side jumps to the left (with both feet)
5 – 6 cross (and point) R toe over L, drop R heel
7 – 8 point L toe ¼ to L, drop L heel

[25-32] STEP PIVOT ½ TURN, STEP, HOLD, ½ TURN, ½ TURN, ½ TURN, HOLD

1 – 2 step R forward, pivot ½ turn L
3 – 4 step R forward, hold
5 – 6 step L back with ½ turn to the R, step R forward with ½ turn to the R
7 – 8 step L forward with ¼ turn to the right, hold

[33-40] ¼ TURN RIGHT, SIDE TOUCH, STEP ¼ TURN L, STEP ¼ TURN R, STEP ½ TURN L, SIDE BALL SIDE WITH BENDING KNEES, TURN ¼ L, STEP R FORWARD

1 – 2 step R to the right with ½ turn R, touch L to left side
3 – 4 step L ¼ turn L, step R to the right with ¼ turn R
5 & 6 step L to the left with ½ turn left, touch R ball next to L, step L to the left
7 – 8 turn ¼ L, step R forward

(While doing side-ball-side bend both of your knees.)

[41-48] HITCH, STEP BACK, COASTER STEP, ½ TURN, ¼ TURN, DRAG, STEP BEHIND, CROSS

1 – 2 L hitch, step L back, drag R
3 & 4 step R back, step L next to R, step R forward
5 – 6 ½ turn to the left, step ¼ turn to the right (big step)
7 & 8 drag L next to R, step L behind R, cross R over L

[49-56] MONTEREY ¼ TURN LEFT (2x), PADDLE TURNS ½ TURN LEFT

1 & 2 point L to the left side, step left next to right with ¼ turn left, point R to right side
& 3 & 4 step R next to L, point L to the left side, step left next to right with ¼ turn left, point R to right side
5 – 7 make 3 paddle turns in a ½ turn left
8 step R slightly forward

[57-64] CROSS, SIDE, STEP, CROSS, SIDE, TOUCH, LEFT HIP BUMPS

- 1 & 2 cross L over R, step R to the right side, step L to left diagonal L
3 & 4 cross R over L, step L to the left side, touch R to the diagonal R
5 – 8 make 4 left hip bumps

PART B : 32 COUNTS

[1-8] R KICK WITH 1/8 TURN, RECOVER, L KICK, RECOVER, JAZZ BOX ¼ TURN RIGHT, R KICK, RECOVER, L KICK, RECOVER, JAZZ BOX ¼ TURN RIGHT

- 1 & 2 & R kick, with 1/8 turn R, step R slightly forward, L kick forward, step L slightly forward
3 & 4 & cross R over L, step L back, step R ¼ turn right, step L slightly forward
5 & 6 & R kick forward, step R slightly forward, L kick forward, step L slightly forward
7 & 8 & cross R over L, step L back, step R ¼ turn right, step L slightly forward

[9-16] R KICK, RECOVER, L KICK, RECOVER, CROSS, STEP BACK, STEP ¼ TURN TO THE RIGHT, HOLD, FOOT – ARM, FOOT – ARM, TOUCH, SHOULDER FORWARD AND BACK

- 1 & 2 & R kick forward, step R slightly forward, L kick forward, step L slightly forward
3 & 4 & cross R over L, step L back, step R ¼ turn right, hold
5 & bring your L foot and your R elbow closer to each other and recover
6 & bring your R foot and your L elbow closer to each other and recover
7 point L foot slightly to the left, while bending your knees a little bit and put your right hand just above your right hip
& 8 push your R shoulder forward, push your R shoulder back

[17-24] DROP L HEEL, R KICK, RECOVER, L KICK, RECOVER, JAZZ BOX ¼ TURN RIGHT, R KICK, RECOVER, L KICK, RECOVER, JAZZ BOX ½ TURN RIGHT

- & 1 & 2 & drop L heel, R kick forward, step R slightly forward, L kick forward, step L slightly forward
3 & 4 & cross R over L, step L back, step R ¼ turn right, step L slightly forward
5 & 6 & R kick forward, step R slightly forward, L kick forward, step L slightly forward
7 & 8 & cross R over L, step L back, step R ½ turn right, step L slightly forward

[25-32] R KICK, RECOVER, L KICK, RECOVER, CROSS, STEP BACK, STEP ¼ TURN TO THE RIGHT, HOLD, FOOT – ARM, FOOT – ARM, TOUCH, SHOULDER FORWARD & BACK

- 1 & 2 & R kick forward, step R slightly forward, L kick forward, step L slightly forward
3 & 4 & cross R over L, step L back, step R ¼ turn right, hold
5 & bring your L foot and your R elbow closer to each other and recover
6 & bring your R foot and your L elbow closer to each other and recover
7 point R foot slightly to the left, while bending your knees a little bit and put your right hand just above your right hip
& 8 push your R shoulder forward, push your R shoulder back

PART C : 52 COUNTS

[1-8] OUT, OUT, IN , IN, ¼ TURN TO THE RIGHT, OUT, OUT, IN, IN

- 1 – 2 R diagonal forward to the right, L diagonal forward to the left
3 – 4 R back to the center, L back to the center
5 – 6 R diagonal forward to the right with ¼ turn to the right, L diagonal forward to the left
7 – 8 R back to the center, L back to the center

[9-16] ¼ TURN TO THE RIGHT, OUT, OUT, IN, IN, STEP ¼ TURN TO THE RIGHT, PIVOT ½ TURN TO THE LEFT, PIVOT ¼ TURN TO THE LEFT

- 1 – 2 R diagonal forward to the right with ¼ turn to the right, L diagonal forward to the left
3 – 4 R back to the center, L back to the center
5 – 6 step R with ¼ turn to the right, pivot ½ turn to the left
7 – 8 Step R forward, pivot ¼ turn to the left

[17-20] JAZZ BOX TOUCH WITH SHIMMY

- 1 – 2 cross R over L, step L back

3 – 4 step R to right side, touch L next to R

*** Do 'Shimmy' while doing the jazz box touch**

[21-28] CROSS, SIDE, STEP, CROSS, SIDE, TOUCH, LEFT HIP BUMPS

1 & 2 cross L over R, step R to the right side, step L to left diagonal L

3 & 4 cross R over L, step L to the left side, touch R to the diagonal R

5 – 8 make 4 hip bumps while turning from the right diagonal to the left one

[29-36] STEP BACK, TOUCH (3x), STEP R ¼ TURN TO THE RIGHT, TOUCH TO THE LEFT, HIP BUMPS (4x)

& 1 & 2 step L back, touch R forward, step R back, touch L forward

& 3 step L back, touch R forward

& 4 step R ¼ turn to the right, touch L to the left

5 – 8 make 4 hip bumps

[37-44] CROSS, SIDE, STEP, CROSS, SIDE, TOUCH, LEFT HIP BUMPS

& 1 & 2 drop L heel cross R over L, step L to the left side, step R to right diagonal

3 & 4 cross L over R, step R to the right side, touch L to the diagonal L

5 – 8 make 4 hip bumps while turning from the left diagonal to the right one

[45-52] STEP BACK + SHIMMYS

1 – 8 step right back and do shimmys

TAG 1: After the 1st A-part, you need to walk a circle to the left side, beginning with your R foot.

You need to do 4 steps (R-L-R-L) and you need to end up at 3 o'clock to start part B.

This tag goes quite fast.

TAG 2: After the 1st B-part, you need to walk a circle to the left side, beginning with your L foot.

You need to do 4 steps and a touch (L-R-L-R- touch L) and you need to end up at 12 o'clock to start part A.

This tag goes very slowly.

HAVE FUN WITH THIS DANCE AND KEEP ON SMILING !

Contact: dick_sophie@hotmail.com
