

# People Help The People

COPPERKNOB  
BY STEPHEN

拍數: 52      牆數: 1      級數: Phrased Intermediate  
編舞者: Raymond Sarlemijn (NL), Roy Hadisubroto (IRE), Darren Bailey (UK), Roy Verdonk (NL) & Pim van Grootel (NL) - April 2013  
音樂: People Help the People - Birdy



Intro: Start after 32 counts

Sequence: A, A, B, Tag, A, A, B, Tag, A, B, A, B

Note: Music varies in speed in different sections so counts may slightly adjust for this.

## Part A

[1 – 8] Nightclub Basic R, ¼ Turn Check, ¾ Turn Spiral with Sweep, Cross, ¼ Turn Step, ¼ Pivot, Sway

- 1 – 2 &      Step R to R side (1), Close L behind R (2), Cross R over L (&) 12:00  
3 – 4 &      ¼ Turn L and check L forward (3), ½ Turn R and Step R forward (4), Step L forward (&) 3:00  
5 – 6 &      ¾ Turn Spiral R and sweep R from front to back (5), Cross R behind L (6), ¼ Turn L and Step L forward (&) 3:00  
7 – 8 &      Step R forward (7), ¼ Turn L swaying L (8), Sway R (&) 6:00

[9 – 16] ¾ Turn Pirouette, Rock, Run x2, Step Kick - Hook into ¾ Turn, Run x2, Rock, Walk x2

- 1 – 2      ¾ Turn L on L while hitching R knee (1), Rock R forward (2) 9:00  
3 & a4      Run backwards on L (3), Run backwards on R (&), Step L backwards while kicking R forward (a), ¾ Turn R on L while hooking R over L (4) 9:00  
5 & 6      Run forwards on R (5), Run forwards on L (&), Rock R forward (6) 1:30  
7 – 8      Step L backwards (7), Step R backwards (8) 1:30

[17 – 24] Step Drag, ½ Turn, Walk x2, ½ Turn Arabesqué, Walk, ¾ Turn, Step out, Bodyroll, Walk, ½ Turn, Step out, Shoulder Movement

- 1 – 2 &      Step L backwards and drag R towards L (1), ½ Turn R and step R forward (2), Step L forward (&) 7:30  
3 – 4 & a      Step R forward making ½ Turn R on ball of R while L leg is off the floor and stretched out behind (3), Step L backwards (4), ¾ Turn R and Step R forward (&), Step L to L side (a) 6:00  
5 – 6 &      Bodyroll backwards (5), Step R backwards (6), ½ Turn L and step L forward (&) 12:00  
7 – 8 &      Step R to R side (7), Pull R shoulder towards L diagonal (8), Recover back to centre (&) 12:00

## Arms

- & a 5      R arm across chest, forearm parallel to the floor, as hands are joined push R elbow to R side (&),

L arm across chest, forearm parallel to the floor, as hands are joined push L elbow to L side (a),  
Both hands in front of body, pushing away into bodyroll (5)

[25 – 32] Shoulder Movement with Drag, Cross, Step out, Dip with contraction, Recover, Hitch, Step, Cross, ¾ Turn L, ¼ Turn L close

- 1 – 2 &      Transfer weight onto L, pull R shoulder towards L diagonal while dragging R towards L (1), Cross R over L (2), Step L to L side (&) 12:00  
3 – 4 &      Bend both knees while contracting body (3), Recover to standing (4), Hitch R knee (&) 12:00  
5 – 6 &      Step R to R side (5), Cross L over R (6), ¼ Turn L stepping R backwards (&) 9:00  
7 – 8      ½ Turn L stepping L forward (7), ¼ Turn L on L while closing R towards L (8) 12:00

\*\*Important When transitioning from Part A to Part B the timing will change due to an extra step.

- 5 & 6 & 7      Step R to R side (5), Cross L over R (&), ¼ Turn L stepping R backwards (6), ½ Turn L stepping L forward (&) ¼ Turn L and Step R to R side (7)

## PART B

**[32 – 40] Arm Movements into  $\frac{3}{4}$  Turn,  $\frac{1}{4}$  Turn with Sweep, Cross, Side, Hitch, Cross,  $\frac{1}{4}$  Turn with Sweep, Jazzbox  $\frac{1}{2}$  Turn with Sweep, Jazzbox  $\frac{1}{4}$  Turn**

- 8 & 1 & 2      Extend L arm in front of body (8), Extend R arm in front of body (&), Swing R arm towards L, hitting L arm away, transfer weight onto R and continue into  $\frac{3}{4}$  Turn L on ball R (1), Step L forward (&)  $\frac{1}{4}$  Turn L while sweeping R from back to front (2) 12:00
- & 3 – 4      Cross R over L (&), Step L to L side while hitching R knee (3), Cross R behind L (4) 12:00
- 5 – 6       $\frac{1}{4}$  Turn L and Step L forward while sweeping R from back to front (5), Cross R over L (6)  $\frac{1}{4}$  Turn R and Step L backwards (&) 12:00
- 7 & 8 &       $\frac{1}{4}$  Turn R and Step R forward while sweeping L from back to front (7), Cross L over R (8),  $\frac{1}{4}$  Turn L and Step R backwards (&) 12:00

**[41 – 48]  $\frac{1}{8}$  Turn L, Travelling Pivots, Rock Recover, Side, Cross, Side, Sway L R, Cross, Side**

- 1 – 2 &       $\frac{1}{8}$  Turn L and Step L forward (1),  $\frac{1}{2}$  Turn L and Step R backwards (2),  $\frac{1}{2}$  Turn L and Step L forward (&) 10:30
- 3 – 4      Rock R forward (3), Recover on L making  $\frac{1}{8}$  Turn R (4) 12:00
- & a 5 – 6      Step R to R side (&), Cross L over R (a), Step R to R side (5), Sway L (6) 12:00
- 7 – 8 &      Sway R (7), Cross L over R (8), Step R to R side (&) 12:00

**Tag: Walk Around, Cross**

- 1 – 2       $\frac{1}{4}$  Turn L and Step L forward (1),  $\frac{1}{4}$  Turn L and Step R forward (2) 6:00
- 3 – 4 &       $\frac{1}{4}$  Turn L and Step L forward (3),  $\frac{1}{4}$  Turn L and Step R to R side (4), Cross L over R (&) 12:00

**\*\*Important When transitioning from Part B to Part A, there will be no side step on the & count.**

**START AGAIN AND HAVE FUNNNN**

**DARE TO BE UNIQUE**

**Last Update – 12 Dec. 2019**

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