

Wildcats Go!

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 1 級數: Phrased Intermediate / Advanced
編舞者: Leong Mei Ling (MY) - 2008
音樂: Now or Never - The Cast of High School Musical



Sequence: AABB, AAB, TAG, BB, FINALE

Intro: 48 counts

PART A

PRESS RECOVER, STEP, PRESS RECOVER, STEP, WALK, WALK, FORWARD ROCK, TOGETHER

- 1&2 (Body angled to left diagonal at 10:30) press ball of right to right side, recover to left, step right together
- 3&4 (Body angled to right diagonal at 1:30) press ball of left to left side, recover to right, step left together

While doing these steps, imagine yourself bouncing the basketball in front of you first with the right hand then with the left. This would also provide you the hand styling for the steps

- 5-6 Step right forward, left (keep body angled to right diagonal at 1:30 until count 8, but steps are still moving towards 12:00)
- 7&8 Step right forward, recover to left, step right together

For counts 5-8, imagine yourself dribbling the ball with your right hand on your right side, getting ready for a shoot. Or alternatively you can snap your fingers

JUMP, LAND FEET APART, SHOULDER ISOLATION, TRAVELING SAILOR STEPS

- &1 Jump up on both feet (knees bent while in mid-air), land feet shoulder-width apart (throw arms down to sides)
- 2-3 Move shoulders right, left
- 4&5 Move shoulders right, left, right
- 6&7 Cross left behind right, step right diagonally forward, step left forward
- 8&1 Cross right behind left, step left diagonally forward, step right forward

CROSS, BACK, TURN ½ LEFT (2X), TURN 1/8 LEFT, HEEL SWIVELS, BOTTOM UP BODY ROLL

- 2-3 Cross left over right, step right back
- 4-5 Turn ½ left and step left forward, turn ½ left and step right back
- 6 Turn 1/8 left and step left to side, shoulder-width apart (10:30)
- 7&8& Swivel right heel out to right, swivel back to left and place weight on it, swivel left heel out to left, swivel back to right and place weight on it
- 1 Bottom up body roll (keeping weight mostly on left)

Easier option: roll shoulders from back to front

BALL CROSS, BACK BACK CROSS, SIDE STEP, PADDLE STEPS

- &2 (Still facing 10:30) bring ball of right together, cross left over right
- 3&4 Step right back, step left back, cross right over left
- 5 Turn 1/8 left, step left to side (9:00)
- 6-7-8 Turn ¼ left, press right to right side (x3)
- & Lift right foot slightly off the floor (to prep for the next step for either Part A or B)

Hand styling option: while paddling, place right arm at chest level, horizontal to the ground, elbow bent and slightly tilted up. Roll forearm in motion to the right

PART B

SIDE STEPS, POINT EXTENSIONS BEHIND, HIP BUMPS RIGHT (WITH HAND STYLING)

- &1-2 Skip slightly on left foot to launch yourself to the right, step right to side, point left foot behind right (fully extended)

&3-4 Skip slightly on right foot to launch yourself to the left, step left to side, point right foot behind left (fully extended)

Hand styling: raise both arms above head on the side step(1). Throw arms down to the direction of the pointed foot (2). Repeat for the other side (3, 4)

5-8 Step right to right and bump hip right(4x)

Hand styling: draw an aerial 'c': swing right arm in a semi-circle (to the right) from bottom to right diagonal above head(5); swing back down in a semi-circle (to the left) to right hip (6); swing back up again (to the right) (7); swing back (to the left) midway to chest level and jab elbow to the right at the same time drop head towards right shoulder (8). Please refer to video if my description is not clear)

SIDE STEPS, POINT EXTENSIONS BEHIND, OUT-OUT, IN-IN

&1-2 Skip slightly on right foot to launch yourself to the left, step left to side, point right foot behind left (fully extended)

&3-4 Skip slightly on left foot to launch yourself to the right, step right to side, point left foot behind right (fully extended)

5-6 Step left forward and out to left diagonal, step right forward and out to right diagonal

7-8 Step left back to center, step right back to center (feet slightly apart)

Hand styling: punch right arm forward and to left diagonal (5), punch left arm to right diagonal crossing over extended right arm (6), bring left hand to left hip (7), bring right hand to right hip (8)

SIDE STEPS, POINT EXTENSIONS BEHIND, DIAGONAL KICK-BALL-CROSS, TURN STEP, SIDE STEP

&1-2 Skip slightly on right foot to launch yourself to the left, step left to side, point right foot across and behind left (fully extended)

&3-4 Skip slightly on left foot to launch yourself to the right, step right to side, point left foot across and behind right (fully extended)

5&6 Kick left diagonally forward, step left toe together, cross right over left (12:00)

7-8 Turn $\frac{3}{4}$ left and step on left, turn $\frac{1}{4}$ left and step right to right

Option: make the $\frac{3}{4}$ turn, then jump and land facing 12:00

DIAGONAL TOUCH-STEPS; STEP POINT, CROSS POINT, CROSS

1-2 Touch left forward to left diagonal, place weight on left

3-4 Touch right forward to right diagonal, place weight on right

Lean back a little each time you touch forward

Hand styling: using the opposing hand to the stepping foot, elbow bent and hand fisted, swing the forearm from the elbow in a down, down motion as if you're pounding something with your fist

&5 Step left together, touch right to side

6-7 Cross right over left, touch left to side

8 Cross left over right

TAG:-

MUSICAL CRESCENDO:

1&2&3&4 Take really tiny baby steps back: right, left, right, left, right, left, right

Curl your upper body forward, both hands extended forward and slowly moving in towards chest. Visualize yourself as if you've one end of a rope tied around your waist and you're being pulled very quickly backwards)

HANDS (VOCALS)

1 'Starburst' - step left to side straighten body and raise both arms above head in a 'v' (fingers open palms facing forward)

2-8 Bring raised arms towards chest over 7 counts (hands closed in a fist facing in)

TRIPLE TURN RIGHT, HOLD, SLOW SWAY LEFT-RIGHT

1-4 Turn $\frac{1}{4}$ right and step forward right, turn $\frac{1}{2}$ right and step back left, turn $\frac{1}{4}$ right and step right to side, Hold

5-8 Sway left, hold; sway right, hold

TRIPLE TURN LEFT, HOLD, SLOW SWAY RIGHT-LEFT

- 1-4 Turn ¼ left and step forward left, turn ½ left and step back right, turn ¼ left and step left to side, Hold
5-8 Sway right, hold; sway left, hold

CROSS WALKS, WALK, WALK, RUN, RUN, STEP BESIDE

- &1-2 Step right toe together, cross left over right, hold

Hands: extend right arm to right, palm facing forward

- 3-4 Cross right over left, hold

Hands: place right fist over heart

- 5-6 Step left forward, step right forward

- 7&8 Small steps forward, left, right; step left together

FINALE

CRUISE RIGHT AND LEFT, STEP LEFT

- 1-3 Step right to side, cross left behind right, turn ¼ right and step right forward

- 4-5 Step left forward, turn ½ right and step right forward

- 6-8 Turn ¼ right and step left to side, cross right behind left, turn ¼ left and step forward left

- 9-12 Step right forward, turn ½ left and step left forward, turn ¼ left and step right to right, step left in place

HANDS

- 1& Punch right arm forward and to left diagonal, punch left arm across to right diagonal (over right arm)

- 2& Drop right arm to right side of body (palm facing forward), drop left arm to left side of body (palm facing forward)

- 3& Place right palm to left shoulder, place left palm to the right shoulder

- 4 Throw both arms up and above head in a 'V' for a big finish!

REPEAT

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