

Power To The People

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michael Barr (USA) - March 2013
音樂: (For God's Sake) Give More Power To the People - Joss Stone : (Album: Soul Sessions Vol. 2)



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Intro: 16 counts

[1-8] STEP FORWARD, 1/2 TURN LEFT, TRIPLE 1/2 LEFT ~ ROCK, RETURN, 3/4 TURN RIGHT

- 1 - 2 Step R forward; Turn ½ left taking weight onto L [6 o'clock]
3 & 4 Step R forward; Turn ¼ left cross-stepping L in front of R; Turn ¼ left stepping back on R [12 o'clock]
5 - 6 Rock step back onto L; Return weight onto R in place
7 & 8 Step L forward; Turn ½ right taking weight onto R; Turn ¼ right stepping L side left [9 o'clock]

[9-16] SYNCOPATED ROCKS (w/ knee pop) ~ BEHIND, 1/4 LEFT, STEP FORWARD, 1/2 LEFT

- 1&2& Cross rock R front of L; (&) Return wt. to L in place; Step R side right; (&) Cross rock L front of R
3 & 4 Return wt. to R in place; (&) Step ball of L side left, pop Both knees; Return heels to floor wt. on L

Note: Only step on the ball of the L (& ct. of 3 & 4 above) as you pop your knees (heels come off floor).

- 5 - 6 Step R back behind left; Turn ¼ left stepping forward on L [6 o'clock]
7 - 8 Step R forward; Turn ½ left taking weight onto L [12 o'clock]

[17-24] QUICK LOCK, FORWARD, FORWARD, 1/4 RIGHT, CROSS ~ SYNCOPATED HIP BUMPS

- &1 - 2 (&) Step R forward; (1) Lock/Step L foot behind R; (2) Step R forward
3 & 4 Step L forward; Turn ¼ right taking weight onto R in place; Cross step L in front of R [3 o'clock]
5& Small step on ball of R side right bumping R hip right; Return weight to L as you lower (knees bent)
6& Bump R hip right (wt. right still low with bent knees); Return weight to L
7& Rise slightly onto ball of R bumping R hip right; Return weight to L as you lower slightly (knees bent)
8 Transfer weight to R (or take a small step to the right on the R foot)

Note: As you do the bumps think of forming the letter "C".

[25-32] BEHIND-SIDE-CROSS-SIDE-CROSS, UNWIND 1/2 ~ LOCK STEP BACK, COASTER STEP

- 1&2 Step L behind R; Step R side R; Cross step L in front of R
&3 Step R side right; Cross step L in front of R
4 Unwind ½ turn right in place keeping weight back on the L foot [9 o'clock]
5 & 6 Step back on R; Lock step L foot back in front of R; Step R back
7 & 8 Step L back; Step R next to L; Step L forward

Option: On count "&" of 7&; push off the R onto your L with a low flick of the R foot.

Begin Again!

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