

Coolio

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Intermediate / Advanced - Contra
編舞者: Rachael McEnaney (USA) & Arjay Centeno (USA) - October 2013
音樂: 1 - 2 - 3 - 4 (Sumpin' New) - Coolio : (Album: Fantastic Voyage - The Greatest Hits - iTunes)



**** Special thanks to Tom Araujo from California for suggesting the track. ****

Count In: 16 counts from when beat kicks in (at approx 0:20 secs). Approx 115bpm.

Notes: This dance was choreographed to be done contra (though can be done as line dance) see notes and video on Youtube

Begin contra facing your partner and take small step right so you are off-set (you should be able to shake hands left to left)

[1 - 8] Square – L side, ¼ L stepping side R, ¼ L stepping side L, ¼ L stepping side R, L sailor, cross R, ¼ turn R- back L

- 1 2 Step left to left side (1), make ¼ turn left stepping right to right side (2), 9.00
3 4 Make ¼ turn left stepping left to left side (3), make ¼ turn left stepping right to right side (4) 3.00
5 & 6 7 8 Cross left behind right (5), step right next to left (&), step left to left side (6), cross right over left (7), ¼ turn right stepping back left (8) 6.00

contra: The square will be done dancing around each other, you do the sailor step back to back, end facing each other after count 8

[9 - 16] R side, Weight L, side R with dip, close L, R kick, scoot back with R leg swing, R cross, step out-out LR.

- 1 2 3 4 Step right to right side lifting right shoulder (1), take weight left lifting left shoulder (2), step right to right side bending knees slightly dipping down in circular motion (3), step left next to right (4) 6.00
5 6 Kick right foot forward (5), scoot back on left foot as you swing right left back (6), 6.00
7 & 8 Cross right over left (7), step left to left side (&), step right to right side (8) 6.00

Contra: 1-6 you will be slightly right of your partner – move 7&8 so you are facing each other.

[17 - 24] R hand, L hand, R heel twist, L heel twist, R behind side cross with ¼ turn R, L side rock cross.

- 1 2 Bring right hand across body (shaking hands with partner R to R) (1), bring left hand across body
(shaking hands with partner L to L) (2) 6.00
& 3 & 4 Still holding hands Twist right heel in (&), twist right heel back to place (3), twist left heel in (&), twist left heel back to place (4) 6.00
5 & 6 (Still holding hands) Making a ¼ turn right: cross right behind left (5), step left to left side (&), cross right over left (6) 9.00
7 & 8 (Release hands on this section) Rock left to left side (7), recover weight to right (&), cross left over right (8) 9.00

Contra: See notes above. Counts 1-4 facing each other (front & back wall), count 5-6 facing each other (side walls), count 7-8 side by side facing side walls

[25 - 32] Diamond shape with step touch making a full turn.

- 1 2 Step right foot forward on diagonal toward 10.30 (1), touch left next to right squaring up to 6.00 (2), 6.00
3 4 Step left foot forward on diagonal toward 1.30 (3), touch right next to left squaring up to 3.00 (4) 3.00
5 6 Step right foot forward on diagonal toward 4.30 (5), touch left next to right squaring up to 12.00 (6) 12.00

7 8 Step left foot forward on diagonal toward 7.30 (7), touch right next to left squaring up to 9.00 (8) 9.00

Contra: You will end in the same place – you will cross each other – try not to panic it should flow easily.

[33 - 40] R cross rock, ¼ turn R, fwd L, ½ turn L stepping back R, ½ turn L shuffle, ½ chase turn to L

1 & 2 Cross rock right over left (1), recover weight to left (&), make ¼ turn right stepping forward on right (2) 12.00

3 4 Step forward left (3), make ½ turn left stepping back right (4), 6.00

5 & 6 Make ½ turn left stepping forward left (5), step right next to left (&), step forward left (6) 12.00

7 & 8 Step forward right (7), pivot ½ turn left (&), step forward right (8) 6.00

Contra: After count 1&2 you should be facing each other and partner slightly to left of you. Count 3 touch left hands like giving a high five with a slight push against each other (you should be almost side by side. On counts 5-8 you have passed each other.)

[41 - 48] L rocking chair, L diagonal step touch, R rocking chair, R diagonal step touch.

1 & 2 & Rock forward on left (1), recover weight right (&), rock back on left (2), recover weight right (&), 6.00

3 4 Step left to left diagonal (3), touch right next to left (4) 6.00

5 & 6 & Rock forward on right (5), recover weight left (&), rock back on right (6), recover weight left (&) 6.00

7 8 Step right to right diagonal (7), touch left next to right (8) 6.00

contra: This is possibly where you may need to adjust slightly to get back to place correctly (though it should work ?) you may have to take a bigger/smaller step to end back in the same place (right of your partner).

START AGAIN – GOOD LUCK

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