

# Off The Chain

COPPER KNOB  
BY STEPHEN

拍數: 64      牆數: 2      級數: Phrased Intermediate / Advanced  
編舞者: Fred Whitehouse (IRE) - June 2014  
音樂: Can't Believe It (feat. Pitbull) - Flo Rida



## Sequence as follows

A,B(restart),A,A,A,B,A,A,A,B,(TAG),B,A,A

B pattern shall always face the 6:00 wall

## A sequence

### Step hitch x3, ¼ turn jazz box

- 1-2      step RF forward, hitch R knee (also scooting LF forward) travel forward to 12.00
- &-3      step RF down, hitch R knee (also scooting LF forward) travel forward to 12.00
- &-4      step RF down, hitch R knee (also scooting LF forward) travel forward to 12.00
- 5-6      step RF across L, step LF to side
- 7-8      ¼ turn R stepping RF to R side, close LF next to R.

### hip bumps x2, hip rolls x2

- 1-2      touch RF to R diagonal pushing hip forward, close RF next to L.
- 3-4      touch LF to L diagonal pushing hip forward, close LF next to R
- 5-6      step RF to R as you roll your hips from L to R ( add a little hip bop at end of roll)
- 7-8      step LF to L as you roll your hips from R to L ( add a little hip bop at the end of roll) facing 3.00

### Syncopated weave, touch, ¼ turn, ½ turn, hop hop

- 1-2      step RF to R side, step LF behind R
- &-3      step RF to R side, cross LF over R
- &-4      step RF to R side, touch LF behind R (snap finger as you to look right)
- 5-6      ¼ L stepping LF forward (12.00) ½ turn L stepping RF back (6.00)
- 7-8      ¼ turn L hopping with both feet together (3.00) ¼ turn L hopping with both feet together (12.00)

### Pivot turn x2, jazz box ½ turn

- 1-2      step RF forward, pivot ½ turn L (weight on LF) (6.00)
- 3-4      step RF forward, pivot ½ turn L (weight on LF) (12.00)
- 5-6      step RF forward, step LF back diagonal
- 7-8      ½ turn R, stepping RF forward (6.00) close LF next to R

## B sequence

### Kick and point x2, step rock recover x2

- 1&2      kick RF forward, place RF next to L, point LF to L side
- 3&4      kick LF forward, place LF next R, point RF to R side
- 5&6      cross RF over L, rock LF to L side, recover onto RF
- 7&8      cross LF over R, rock RF to R side, recover onto LF

### Chug x4, step rock recover x2

- 1-2      1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward)
- 3-4      repeat counts 1-2 this should complete ½ turn

**\*the section above can also be danced with hip wiggles making a rotation\***

- 5&6      cross RF over L, rock LF to L side, recover onto RF
- 7&8      cross LF over R, rock RF to R side, recover onto LF

**\*RESTART\* during first B section**

**Chug x4, step chest pop x2, close chest pop x2**

- 1-2 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward)  
3-4 repeat counts 1-2 this should complete 1/2 turn  
**\*the section above can also be danced with hip wiggles making a rotation\***  
5-6 step RF forward ,(angle body to L diagonal) popping chest x2 (feet should be apart)  
7-8 close LF next , pop chest x2

**Chug x4, step chest pop x2, close chest pop x2**

- 1-2 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward)  
3-4 repeat counts 1-2 this should complete 1/2 turn  
**\*the section above can also be danced with hip wiggles making a rotation\***  
5-6 step RF forward ,(angle body to L diagonal) popping chest x2 (feet should be apart)  
7-8 close LF next , pop chest x2

**\*TAG\* (Starts facing front wall)****Full turn Left clap, full turn Right clap**

- 1-4 full turn L stepping L,R,L, touch RF next to L, clap  
5-8 full turn R stepping R,L,R touch LF next to R, clap

**Jump out, cross, unwind, body roll x2**

- 1-4 jump both feet apart, jump both feet cross (RF over L) unwind 1/2 Left over 2 counts  
5-8 body roll to Right over 2 counts, body roll to Left over 2 counts (weight on LF)

**Syncopated weave chest pop x2**

- 1-2 step RF forward diagonal, step LF behind R  
&-3 step RF forward diagonal, close LF next to R  
&-4 chest pop  
5-6 step LF forward diagonal, step RF behind L  
&-7 step LF forward diagonal, close RF next to L  
&-8 chest pop

**Out, out, slap, jump, shake**

- 1-2 step RF out, step LF out  
3-4 bend forward and slap the floor, recover  
5-6 jump both feet together, hold  
7-8 shimmy on the spot

Easier than it looks, hope you all enjoy.

There is also a clean cut version of this track.

Last Update - 5th July 2014

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