

# PHD (Pretty Hard Dance)

**COPPER** KNOB  
STEPPERS

Count: 80

Wall: 4

Level: Advanced

Choreographer: David J. McDonagh (WLS)

Music: Fever - Jeff Moore



## JUMPING HEEL JACKS, ¾ JUMP SPINS ON THE SPOT, SLIDE, HANDS

- 1 Jump back on right to right diagonal tapping left heel forward to left diagonal (facing 11:00)
- & Jump both feet back to center
- 2 Jump back on right to left diagonal tapping left heel forward to right diagonal (facing 1:00)
- 3&4 On the spot jump both feet together 3 times turning ¾ turn left

**Hands: 3&4, raise both hands above head in a relaxed position**

- 5-6 Big slide left to left side, sliding right together

**Hands: 5-6, left elbow up with left hand touching left shoulder and fist clenched with right arm straight out down to right diagonal and fist clenched**

**Your arms are now in a straight line down to right diagonal, and your head is glancing down**

- 7 Right hand touches left shoulder, left hand touches right shoulder (left 'x' over right)
- & Slide right hand to right shoulder, left hand to left shoulder
- 8 Drop both hands down to sides (tilting your head down)
- & Raise head back to normal position

## SWIVELS, LEFT BACK LOCK STEP, 1 & ½ TRIPLE TURN, ¼ TURN, FULL UNWIND

- 1 Swivel heels ¼ turn left (you're facing back wall)
- 2 Swivel heels ½ turn right (you're facing front wall)
- 3&4 Step left back, cross-step right over left, step left back
- 5&6 Turn 1 & ½ turns right towards back wall (6:00) stepping: right, left, right
- &7-8 ¼ turn right stepping left to left side, cross-step right behind left, unwind a full turn

## INVERSE ARM SNAKE ROLLS, OUTWARDS ARM SNAKE ROLLS

- 1 Left arm snake roll to the right
- 2-4 Three right arm snake rolls to the left while slowly turning ¼ turn left on the spot
- 5-8, is a complete arm snake roll from right hand across the body ending at left hand**
- 5&6 Right arm snake roll to the right (right to left) (finger tips / elbow / shoulder)
- 7&8 Left arm snake roll to the left (right to left) (shoulder / elbow / finger tips)

## ARM SNAKE ROLL INTO A BODY ROLL DOWN (KNEE POPS) BODY ROLL UP

**1-6, is a arm snake roll into a body roll down then up again**

- 1&2 Left arm snake roll to the left (left to right) (finger tips / elbow / shoulder)
- 3& Body roll downwards (shoulders / chest / stomach / knees)
- 4 From the body roll you've ended at your knees, so, swiveling on both toes pop both knees in
- 5 Swiveling on both toes pop both knees out
- &6 Body roll upwards (knees / stomach / chest / shoulders)
- 7&8 On ball of left foot spin 1 & ¼ turns left hooking right behind left knee

**You've ended up facing the right wall from the front (3:00)**

## MASHED POTATO'S TRAVELING LEFT, SCOOT ½ TURNS

- 1 Cross-step right over left on your toes swiveling both heels in
- & Swivel both heels apart
- 2 Step left to left side on your toes swiveling both heels in
- & Swivel both heels apart

**Hands: 1, raise both arms up to head level (so shoulders/elbows are horizontal, elbows/hands are vertical) keep hands in this position throughout counts 1&2&**

- 3 Cross-step right behind left on your toes swiveling both heels in

- & Swivel both heels apart
- 4 Step left to left side on your toes swiveling both heels in
- & Swivel both heels apart

**Hands: 3, drop both arms up to stomach level (so shoulders/elbows are horizontal, elbows/hands are vertical) keep hands in this position throughout counts 3&4&**

- 5 Scoot back on left touching right toe back and leaning body forward
- 6 Turn ½ turn right (straightening body)
- 7-8 Repeat counts 5-6 (end facing 3:00 wall again)

### **"FEVER" HANDS, KICK & KICK & (WITH PUNCHES), HANDS: "EYES ROLL DOWN"**

- 1 Point right hand up to right diagonal (leaning body right)
- &2 Slide left beside right, step right to right side (leaning body left)
- Also pointing right hand down to left diagonal**
- 3&4 Repeat counts 1&2
- 5 Kick left forward to right diagonal (punching right hand forward to left diagonal)
- & Keep right hand there while stepping left beside right with a ¼ turn left

**Keep right hand there for the next count**

- 6 Kick right forward to left diagonal (punching left hand forward to right diagonal)

**Right arm is now on top of left crossed**

- & Step right beside left
- 7 Bring both hands up near both ears with palms facing forward

**Right hand - right ear, left hand - left ear**

- &8 Roll both hands down to both sides

**End facing front wall (12:00)**

- 1-16 Repeat counts 33-48

**End facing left wall from front (9:00)**

### **KICK & DOWN &, ¼ KICK & DOWN &, HANDWORK**

- 1& Kick right forward, step right beside left
- 2 Pop both knees out dropping head sideways down to right (facing forward)
- & Straighten yourself up bringing both knees in and head straight
- 3& Kick left forward turning ¼ turn left, step left beside right
- 4 Pop both knees out dropping head sideways down to left (facing forward)
- & Straighten yourself up bringing both knees in and head straight
- 5& Touch right hand to left shoulder, touch right hand to right shoulder
- 6 Make an arc downwards with your right hand ending to left shoulder
- 7&2 X reversed right arm snake rolls to the right (elbow / wrist / finger tips)
- 8 Drop right arm down to right side

### **KICK-HITCH-CROSS, SHOULDER PULSES, DIAGONAL WALKS FORWARD, TRIPLE JUMP**

- 1 Kick right to right side dropping right shoulder
- & Hitch right knee raising right shoulder
- 2 Cross-step right over left dropping right shoulder
- 3& Raise right shoulder (drop left shoulder), drop right shoulder (raise left shoulder)
- 4 Raise right shoulder (drop left shoulder)
- 5 Step left forward to left diagonal with both hands on left hip
- 6 Step right forward to right diagonal with both hands on right hip
- 7&8 Jump 3 times on the spot turn ¼ turn left

**Hands**

- 7 Punch both arms forward (right over left)
- & Bring both hands in towards chest
- 8 Roll both arms down so you end up as count (7) (cross arms punched)

**REPEAT**

**RESTARTS:**

During wall 5 only for "Fever" by "Jeff Moore", dance counts 1-64, then repeat 33-64. Repeat 33-48 once more and skip straight to count 65-80

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