

Hairspray

COPPER KNOB
STEPPSHEETS

拍数: 176

墙数: 1

级数: Sequence / Phrased High
Intermediate



编舞者: Simon Ward (AUS) & Rachael McEnaney (USA) - July 2012

音乐: You Can't Stop The Beat - Nikki Blonsky, Zac Efron, Amanda Bynes, Elijah Kelley, John Travolta & Queen Latifah : (Album: Hairspray Soundtrack)

Dance starts facing the back wall.

Dance starts 16 counts in - A – 80 Counts, B – 80 Counts, C – 16 Counts

Sequence = C, A, B, C, A, B, A, B with Tag, A, A, B with Tag, B, B

A

Lock step at 45 deg left, Lock step at 45 deg R

- 1-4 Step right forward at 45 deg left, Lock/step left behind right, Step right forward, Hitch left knee turning a ¼ turn right 1.30
- 5-8 Step left forward, Lock/step right behind left, Step left forward, Hitch right knee turning ¼ turn left 10.30

Cross/rock, Hold, Recover, Hold, sailor ¼ turn right

- 1-4 Cross/rock right over left, hold, Rock/recover weight back on left sweeping right foot around at 12.00, Hold
- 5-8 Cross right behind left starting ¼ turn right, step left next to right, step forward on right 3.00

Fwd coaster step, Hold, Right coaster cross, Hold

- 1-4 Step left forward, Step right beside left, Step left back, Hold 3.00
- 5-8 Step right back, Step left beside right, Cross/step right over left, Hold 3.00

Left scissor step, Hold, ¾ turn left, R fwd, Pivot ¼ turn

- 1-4 Step left to left side, Step right beside left, Cross/step left over right, Hold 3.00
- 5-8 Step right to right side turning ¼ turn left, Step left back turning ½ turn left, Step right forward, Pivot ¼ turn left taking weight onto left 3.00

Shuffle R fwd, ½ R shuffle back, ¼ R chasse right, Cross/rock L, Recover

- 1&2 Step right slightly forward, Step left beside, Step right slightly forward 3.00
- 3&4 Make a ½ turn right & step left slightly back, Step right beside left, Step left slightly back 9.00
- 5&6 Make a ¼ turn right & step right slightly right, Step left beside right, Step right slightly right 12.00
- 7-8 Cross/rock left over right, Rock/recover weight on right 12.00

(for alternate steps on shuffles do toe struts or step holds)

¼ turn L shuffle L fwd, ½ L shuffle back, ¼ left chasse left, Cross/rock R, Recover

- 1&2 Make a ¼ turn left & step left slightly forward, Step right beside left, Step left slightly forward 9.00
- 3&4 Make a ½ turn left & step right slightly back, Step left beside right, Step right slightly back 3.00
- 5&6 Make a ¼ turn left & step left slightly to left, Step right beside left, Step left slightly to left 12.00
- 7-8 Cross/rock right over left, Rock/recover weight onto left 12.00

(for alternate steps on shuffles do toe struts or step holds)

Side rock R, Recover, Rock R back, Recover, R fwd, ¼ pivot, R fwd, ¼ pivot

- 1-4 Rock/step right to right, Rock/recover weight onto left, Rock/step right back, Rock/recover weight onto left 12.00

5-8 Step right forward, Pivot ¼ left taking weight onto left, Step right forward, Pivot ¼ left taking weight onto left 6.00

Rock R fwd, Recover, Rock R back, Recover, R fwd, ¼ pivot, R fwd, ¼ pivot

1-4 Rock/step right forward, Rock/recover weight onto left, Rock/step right back, Rock/recover weight onto left 6.00

5-8 Step right forward, Pivot ¼ left taking weight onto left, Step right forward, Pivot ¼ left taking weight onto left 12.00

R toe strut, Rock L side, Recover, L toe strut, Rock R side, Recover

1-4 Touch right toe forward, Drop right heel taking weight onto right, Rock/step left to left, Recover weight onto right

5-8 Touch left toe forward, Drop left heel taking weight onto left, Rock/step right to right, Recover weight onto left

Jazz Box, Stomp R, Stomp L, Clap x 2

1-4 Cross/step right over left, Step left back, Step right slightly to right, Step left slightly forward 12.00

5-8 Stomp right slightly right, Stomp left slightly left, Clap hands twice like your brushing dirt of your hands 12.00

B

Grapevine R, Hip roll L,R,L,R

1-4 Step right to right side, Step left behind right, Step right to right side, Touch left toe slightly to left 12.00

5-8 Roll hips counter-clockwise left, right, left, right 12.00

Grapevine L, Bend R knee, Bend L Knee shaking hands

1-4 Step left to left side, Step right behind left, Step left to left side, Touch right beside left 12.00

5-8 Take weight onto right bending left knee, Hold, Take weight onto left bending right knee, Hold 12.00

(Shake hands like they are wet on counts 5-8)

¼ turn, Touch, ¼ turn, Touch shimmying shoulders, ¼ turn, Touch, ¼ turn, Touch shimmying shoulders

1-2 Step right forward turning ¼ turn left, Touch left beside right (Shimmy shoulders) 9.00

3-4 Step left to left turning ¼ turn left, Touch right beside left (Shimmy shoulders) 6.00

5-6 Step right forward turning ¼ turn left, Touch left beside right (Shimmy shoulders) 3.00

7-8 Step left to left turning ¼ turn left, Touch right beside left (Shimmy shoulders) 12.00

R side, Hold raising R arm, Point R hand to front, Hold, Bump hips R,L

1-4 Step right to right side, Hold while you raise right arm to right and above head (arm is straight) 12.00

5-8 Lower right arm in front of you and point to the front, Hold, Bump hips right left 12.00

Triple steps x 4 turning 1/8 left

1&2 Step right slightly to right, Step in place left, right (right index & middle finger go across right eye) 12.00

3&4 Step left slightly to left, Step in place right, left (left index & middle finger go across left eye) 12.00

5&6 Turn 1/8 left Step right slightly to right, Step in place left, right (right arm moves in freestyle swim motion) 10.30

7&8 Step left slightly to left, Step in place right, left (left arm moves in freestyle swim motion) 10.30

(for alternate steps on triple steps do toe struts or step, touches)

1/8 turn R, Step R, Touch L, Step L, Touch R, Stomp R looking to front, Hold

- 1&2 Turn 1/8 left Step right slightly to right, Step in place left, right 9.00 (or step touch) (right hand hitch a ride)
- 3&4 Step left slightly to left, Step in place right, left 9.00 (left hand hitch a ride)
- 5-8 Stomp right to right side looking to 12.00 wall, Hold (hands go out at waist height on stomp) 9.00

Cross/rock L, Recover, Chasse left, Cross/rock R, Recover, Chasse right ¼ turn

- 1-2 Cross/rock left over right, Rock/recover weight onto right 9.00
- 3&4 Step left to left side, Step right beside left, Step left to left side 9.00
- 5-6 Cross/rock right over left, Rock/recover weight onto left 9.00
- 7&8 Step right to right side, Step left beside right, Step right to right side turning ¼ turn right 12.00

Step L fwd, ½ turn heel taps, Walk fwd R,L,R, kick left fwd

- 1-4 Step left forward, make a ½ turn right tapping heels 3 times finishing with weight on left 6.00
- 5-8 Step forward right, left, right, kick left forward 6.00

L side, Cross/step, L side, Kick, R side, Cross/step, R side, Kick

- 1-4 Facing left corner step left to left side, Cross/step right over left, step left to left, kick right at 45 deg R 6.00
- 5-8 Facing right corner step right to right side, Cross/step left over right, Step right to right, kick left at 45 deg L .00

**** (These 8 counts are your tag. You repeat these steps at this stage of the dance on the 2nd and 3rd time you perform B)****

L side, Cross/step, L side, Kick, R side, Cross/step, R side, ½ Hinge turn L stepping to left

- 1-4 Facing left corner step left to left side, Cross/step right over left, step left to left, kick right at 45 deg R 6.00
- 5-8 Step right to right side, Cross/step left over right, Step right to right, Make a ½ turn left on right & step left to left 12.00

(The 1st time you perform B, Touch left beside right on count 8 to restart C facing the back wall)

C

L side bump L, Hold, Bump R, Hold, Bump L, Hold, Bump R, Hold

- 1-4 Step left to left side bumping hips to left, Hold, Bump hips right, Hold 6.00
- 5-8 Bump hips left, Hold, Bump hips right, Hold 6.00

Bump L, Hold, Bump R, Hold, Bump L, Bump R, Lock/step, ½ turn L

- 1-4 Bump hips left, Hold, Bump hips right, Hold 6.00
- 5-8 Bump hips left, Bump hips right, Lock/step left behind right, Pivot a ½ turn left on balls of feet taking weight onto right 12.00

RESTART

Note: Don't be afraid of the size of this dance, the steps are quite simple and the music (once you know the song) guides you all the way. You just need some energy to get through it ?

Have fun, relax and enjoy ?

Contact - Simon: bellychops@hotmail.com, Rachael: Rachaeldance@me.com

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