

Blow A Kiss

COPPER KNOB
STEP SHEETS

拍数: 128

墙数: 1

级数: Phrased Intermediate - Funky /
Street



编舞者: Tyla Giles (SA) - October 2015

音乐: Lean On (feat. MØ) - Major Lazer & DJ Snake

Notes: 16 Count Intro, 9 seconds into song. *See part C for end note

Sequence: ABC, ABC, Tag, D, B

Part A – 32 Counts (Do you recall, not long ago)

A[1 – 8]□ Sailor Step; Knee Pop; Step R, Step L, Lift R; Heel Flick with ¼ Turn R

- 1&2 Step L behind R, close R to L, 1/8 turn L stepping L forwards (10:30)
3,4 Pop both knees lifting heels, lower heels back down
5&6 1/8 turn R stepping R to R side (12:00), step L to L side(both legs bent at 90° angle), lift R up shifting weight to L & maintain 90° angle
7,8 Flick R behind L, ¼ turn R on L closing R to L (3:00)

A[9 – 16]□ Push Lunge, Bend; ¼ Turn L, Rise onto Pointe; Arm Combo

- 1,2 Push L straight back with R bent and extending both arms up in front of the body, bend L down to 90° angle while dropping L arm to side of body, bent at the elbow and the forearm extended forwards
3,4 (3)Turn L out to 2nd making ¼ turn L and twisting the arms so that the L forearm and R arm face 3:00, L forearm is against the body(12:00), (4)rise both feet onto pointe bringing both arms up in front of the chest, bent at the elbows with palms facing down and the R placed on top of the L
5,6,7,8 (5)With the R over the L break at the wrists to form 90° angle, R palm facing inwards and finger tips down and touching L inside elbow, L palm facing outwards and finger tips up and touching R inside elbow, (6)Slide both arms so that the hands meet in the middle, R palm touching outside of L hand, both wrists still in 90° angle, (7)Bring the R hand over and down behind the L while the L twists down away from the body, bring both wrists together and twist them round in a circle so that the L is moving to be above the R (called a Bhangra Lotus Flower Motion), (8)Place the hands back in their original position but with the L now placed on top of the R (count 4 - with both arms up in front of the chest, bent at the elbows with palms facing down and the L now placed on top of the R)

A[17 – 24]□ Swivel Turn R; Walk x2; Step, Hitch-Kick; Cross, Step

- 1,2 Step R behind L, full turn R ending with R crossed in front of L
3,4 Walk forwards R, walk forwards L
5&6 Small step forwards R, hitch L, kick R forwards stepping L down in place
7,8 Bring R down and across L bending both legs, step R to R side

A[25 – 32]□ Swivels; Slide, Point; Step, Windmill-Kick; Step, Chest Pop

- 1&2 Using both feet twist on toes to R diagonal (1:30), twist to L diagonal (10:30), twist back to R diagonal (1:30), all the while bending down to the floor
3,4 Slide L from back to front and across to R diagonal still on a bent supporting leg (1:30), finish motion with a pointed toe and straight L leg and bent R leg
5,6 Step L to L side squaring up to 12:00, sweep R from R to L kicking R across body and back to R side – motion should travel across, up and down starting from R side to L and back to R. can be done with bent or straight kicking leg
7&8 Step R to R side making 1/8 turn R (1:30), close L to R, chest pop

Part B – 32 Counts (Blow a kiss, fire a gun)

B[1 – 8]□ Out, Out; Shoulders, ¼ Turn with Lunge; Scuff-Hitch, Step Back; ¼ Turn with Body Sweep

- 1,2 Step & bend R to R side, push R arm out to R side; step & bend L to L side, push L arm out to L side – legs should be bent at 90° angle
- 3&4 (3)Bend arms at elbow & twist up, (palms facing front) (&)twist arms downwards, (palms facing back) (4)twist arms up, (palms facing front) twist feet ¼ turn L into lunge (9:00) – arms & legs should be at 90° angle
- 5,6 Scuff & hitch R, step back with R
- 7,8 ¼ turn R pitching chest forwards & over the toes to sweep from L to R (12:00)

B[9 – 16]□Step-Together-Step x2; Full Ronde Turn, Step R, Step L; Elbow Pull into Plie

- 1&2 Turning 1/8 L (10:30) step R to R side, close L to R, step R to R side
- 3&4 Turning ¼ R (1:30) step L to L side, close R to L, step L to L side
- 5&6 Full turn R on L with R ronde from front, step R to R side, step L to L side
- 7&8 Bend L arm at elbow in front of chest and pull to L side, push back towards R side, pull back to L side lining up with L shoulder, while pulling elbow bend legs to 90° angle plie

B[17 – 32]□Repeat First 16 Counts

Part C – 32 Counts (Eeh ooh, eeh, ooh, etc)

C[1 – 8]□½ Turn with Hips

- 1-8 Taking small steps with the LF, swing your hips to the L side, first swinging up (counts 1,3,5 & 7) and then down (counts 2,4,6 & 8) until you have turned ½ R on the R foot

C[9 – 16]□R Side Rock; L Side Rock; Coaster Step; 1/8 Turn Step, Cross; Spiral Turn

- 1&2 Rock R to R side, recover onto L, close R to L
- 3&4 Rock L to L side, recover onto R, close L to R
- 5&6 Step L back, close R to L, step L forward
- &7&8 Step R to R diagonal turning to face 7:30, cross L behind R, full turn L

C[17 – 24]□Toe, Step with Hips x2; Kick-Ball-Change x2

- 1,2 Tap R toe forwards rocking hip forwards, step R down in place rocking hip backwards – samba hip motion
- 3,4 Tap L toe forwards rocking hip forwards, step L down in place rocking hip backwards
- 5&6 Kick R forwards, step R back onto ball, step L in place
- 7&8 Kick L forwards, step L back onto ball, step R in place

C[25 – 32]□Kick-Ball-Kneel; 1 & ¼ Knee Turn; Body Ripple To Standing; 1/8 Turn Jump Out & Flick

- 1&2 Kick R forwards, step R back starting to kneel, small step L in place coming down to finish kneel on R knee
- 3&4 Push off L foot starting to turn 1 and ¼ R, close L knee down to R turning on both knees, finish turning and bring R knee up back to kneeling position
- 5,6 Close L to R while rippling body up to standing position
- 7&8 Jump and turn 1/8 R (12:00) to 2nd, jump and flick L heel in front of R shin and R heel behind L calf, finish landing from jump out to 2nd

***NB! on the second repeat of C end jump with L in front of R preparing for Pirouette's of the Tag**

Part D – 32 Counts (Musical break in song)

D[1 – 8]□Walk R, Walk L; R Scuff, Step R, Step L; Twist R, Twist L, Shoulder Push x2

- 1,2 Step forward R, step forward L
- 3&4 Scuff R forwards, step R to R side, step L to L side
- 5&6& Twist R knee in – knee should face 9:00, recover back to 12:00, twist L knee in – knee should face 3:00, recover back to 12:00
- 7,8 Push R shoulder & chest to R side, push L shoulder & chest to L side – hips should be kept still, only the torso moves

D[9 – 16]□1/8 Turn L with Hitch, Slide; ¼ Turn R with Hitch, Slide; Step onto Pointe, 7/8 Attitude Turn; Step L, Step R

- 1,2 Turn 1/8 L (10:30) hitching R, step R to R side and slide L to R
- 3,4 Turn ¼ R (1:30) hitching L, step L to L side and slide R to L – do not actually close the feet, just want the slide motion
- 5,6,7 Pop both feet up onto pointe still facing 1:30, push off L turning 7/8 R on R leg with L in back attitude position to 12:00 – slow turn over two counts
- &8 Step L down to L side, step R in place

D[17 – 24] □ Drop; Squat on Pointe; Front Split, Jazz sit; Lift; Plank; Jump Feet to Hands in Crouch, Body Ripple to Standing; Back Jump with Kick;

- 1 Bend the R knee inwards, while bending the L down and dropping body down to knees, placing the R hand next to RF. R knee should almost be touching the floor
- 2 Recover from count 1 into a 2nd position squat on pointe, back is straight with legs forming 90° angles, R hand placed on the floor between the feet for support
- 3,4 Front split with R in front and L behind, recover bending L into jazz sit and turning body to face L diagonal (10:30)
- 5 Still bending L, place LF on the floor and R hand behind body, push body up off the floor with RF still extended in front, lift the L arm up and back using the R for support – both feet and the R hand should be the only thing touching the floor and supporting the body's weight
- 6 Flip body over from L to R closing the L foot and hand to the R to end in a plank position now facing 4:30 – arms and legs should both be straight
- 7& Jump/close both feet to both hands into crouch position, stand up rippling body as you stand
- 8 Jump back on L while kicking R to the front, lean body back

D[25 – 32] □ Walk x4; Heel Flick Back, Side, Front; Elbow Pull, Hand Blow Up

- 1,2,3,4 Walk in half circle to 12:00 R, L, R, L
- 5&6 Flick R heel behind L, flick R heel out to R side, flick and hold R heel in front of L
- 7,8 Bend arms at elbow in front of chest with fingers touching and pull back (elbow pull can be done diagonally or horizontally) , place R fist in front of mouth and “blow up hand” open fingers in sharp motion

Tag – 8 Counts (Lean on, lean on, etc)

[1 - 8] □ Full Spiral Turn R, Ronde; Ronde, Pirouette x3; Ball-Change, Close

- 1,2 Unwind full turn R, ronde R from front to back
- 3,4 Pull R leg to passé position completing a full turn R on L, ronde R from front to back
- 5,6 Pull R leg to passé position completing a full turn R on L, ronde R from front to back
- 7 Pull R leg to passé position completing a full turn R on L
- &8 Step R back on ball, step L in place,

Choreographed by Tyla Giles - Contact: tylagiles@gmail.com

***2015 Tutu-licious Studio Choreography Step-Sheet**
