

Aww Honey!

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Advanced
编舞者: Kirsten Matthiessen (DK) & Jannie Tofte Stoian (DK) - April 2016
音乐: NO - Meghan Trainor : (iTunes)



Intro: □ 4 counts from main beat (app. 24 seconds into track)

Tags: □ 2 count hold after wall 3 (facing 06:00) Music stops completely. Start again with the music
Note: □ The first 32 counts are "technically" not counted as we've written - but this way is simpler □
JUST FOLLOW THE WAY SHE SINGS

[1-8] □ Ball cross side look, Heel swivels back pop, Ball step touch sweep, Behind side rock, Behind sweep □

&1&2 Step R next to L (&), cross L over R (1), step R to R side (&), turn head & look L (2) □ 12:00
&3&4 Swivel L heel ¼ L (&), swivel R heel ¼ L – taking weight on R (only ¼ turn in total)(3), place L ball back (&), step down on L and pop R knee (4) □ 09:00
&5&6 Step R next to L (&), step L fw (5), touch R behind L (&), step R back sweeping L CCW (6) □ 09:00
7&8& Step L behind R (7), rock R to R side (&), recover onto L (8), step R behind L sweeping L CCW (&) □ 09:00

[9-16] □ Hold, Sailor heel, Hold, Sailor fw, Step touch x2, Mambo slide □

1 Hold (Continue sweeping L) □ 09:00
&2& Cross L behind R (&), step R to R side (2), step diagonally fw on L heel (&) □ 09:00
3 Hold □ 09:00
&4& Cross R behind L (&), step L out and slightly fw (4), step R fw (&) □ 09:00
5&6& Step L diagonally fw (5), touch R next to L (&), step R diagonally fw (6), touch L next to R - □ 09:00

Styling optional: slightly bend your knees and pop them out □

7&8 Rock L fw (7), recover onto R (&), step L a big step back sliding R towards L (8) □ 09:00

[17-24] □ Back ½ L, Spiral L, Mambo body roll, Run x3 sweep, Behind side rock, Behind sweep □

1&2 Step R back (1), turn ½ L stepping L fw (&), step R fw spiralling full turn L (2) □ 03:00
3&4 Rock L fw (3), recover onto R (&), step L back making a body roll from top down (4) □ 03:00
5&6 Step R back (5), step L back (&), step R back sweeping L CCW (6) □ 03:00
7&8& Step L behind R (7), rock R to R side (&), recover onto L (8), step R behind L sweeping L CCW (&) □ 03:00

[25-32] □ Hold, Sailor heel, Hold, Sailor fw, Step touch x2, Mambo slide (exactly same steps as section 2) □

1 Hold (Continue sweeping L) □ 03:00
&2& Cross L behind R (&), step R to R side (2), step diagonally fw on L heel (&) □ 03:00
3 Hold □ 03:00
&4& Cross R behind L (&), step L out and slightly fw (4), step R fw (&) □ 03:00
5&6& Step L diagonally fw (5), touch R next to L (&), step R diagonally fw (6), touch L next to R - □ 03:00

Styling optional: slightly bend your knees and pop them out □

7&8 Rock L fw (7), recover onto R (&), step L a big step back sliding R towards L (8) □ 03:00

[33-40] □ Back pop, Hold, ¼ L point, Hold, ¼ ½ R, Coaster run x3 □

1-2 Step R back popping L knee fw (1), hold (2) □ 03:00
&3-4 Turn ¼ L stepping L to L side (&), point R to R side (prep) (3), hold (4) □ 12:00
&5 Turn ¼ R stepping onto R foot (&), turn ½ L stepping L back (5) □ 09:00
6& Step R back, step L next to R
7&8 Run fw R, L, R □ 09:00

Styling option: bend knees slightly, rolling them out. Think boogie walks.□

[41-48]□Touch step, Hold, Ball step, Hold, Step lock, ½ unwind L, Vine ¼ R, Kick step □

- &1-2 Touch L next to R (&), step L fw (1), hold (2) option: instead of holding – lean into a body roll - □09:00
- &3-4 Step R next to L (&), step L fw (3), hold (4)□09:00
- &5-6 Step R fw (&), lock L behind R (5), unwind ½ L stepping onto L (6)□03:00
- &7& Step R to R side (&), cross L behind R (7), turn ¼ R stepping R fw (&)□06:00
- 8& Kick L to L side (8), step L to L side (&)□06:00

[49-56]□Touch behind, Hold, Ball cross, hold, ¼ ¼ R, Knee pops x2, Kick collect□

- 1-2 Touch R behind L (1), hold (2)□06:00
- &3-4 Step R to R side (&), cross L over R (3), hold (4)□06:00
- &5 Turn ¼ R stepping R fw (&), ¼ R stepping L to L side (5)□12:00
- 6&7& Pop R knee in (6), step down on R (&), pop L knee in (7), step down on L (&)□12:00
- 8& Kick R fw (8), step R next to L (&)□12:00

[57-64]□Point back, Body roll, Hip bump, Kick collect, Step touch x2, Mambo slide□

- 1 Point L back – starting a body roll from top down -□12:00
- 2&3 Continue body roll – sitting back on L (2), push R hip up (&), push hip back to sit on L (3)□12:00

Note: on the first 2 walls raise your R arm to R ear and open and close the hand (like a mouth talking) as she sings Bla Bla Bla□

- 4& Kick R fw (4), step R next to L (&)□12:00
- 5&6& Step L diagonally fw (5), touch R next to L (&), step R diagonally fw (6), touch L next to R - □12:00

Styling optional: slightly bend your knees and pop them out□

- 7&8 Rock L fw (7), recover onto R (&), step L a big step back sliding R towards L (8)□12:00

[65-72]□Coaster step, Prissy walks x2, Step ½ R step, Full turn L□

- 1&2 Step R back, step L next to R, step R fw□- 12:00
- 3-4 Walk fw L-R (Prissy walks – Attitude)□- 12:00
- 5&6 Step L fw, turn ½ R stepping onto R, step L fw (prep) -□06:00
- 7-8 Turn ½ L stepping R back, turn ½ L stepping L fw□- 06:00

[73-80]□Hip sways x4, Swivel x2, Body roll□

- 1-2 Step R to R side swaying hips R, sway hips L

Arms: while swaying your R hand goes in front of your mouth wiping from L to R -□06:00

- 3-4 Sway hips R-L going down and up□06:00

Arms: Flex both hands at wrist keeping them at hip level – the hands follow the hips□

- 5&6& Swivel R heel in (5), R toes in (foot is now straight) (&) repeat with L on count 6& -□06:00
- 7-8 Roll body from bottom up – make sure your weight is on the L -□06:00

No ending needed - Good luck & enjoy!

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