

Everybody's Groovin'

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rhoda Lai (CAN) & Jo Thompson Szymanski (USA) - August 2017
音乐: Everybody's Groovin' by MaxAMillion – Take Your Time – (4:06) 108 bpm



Intro: 48 counts (start counting with the heavy beats)

[1-8] ROCK RIGHT SIDE, 1/4 TURN L with FLICK, TRIPLE FORWARD, 1/2 CHASE TURN R, FULL L TURN (OR WALK, WALK)

- 1 Rock R to right side pushing hips slightly to right and turning upper body slightly right (1)
- 2 Turn 1/4 left to face 9:00 as you step L in place flicking R foot up behind (2) (9:00)
- 3&4 Step R forward (3); Step L beside R heel (&); Step R forward (4)
- 5&6 Step L forward (5); Turn 1/2 right shifting weight to R (&); Step L forward (6) (3:00)
- 7-8 Turn 1/2 left stepping R back (7); Turn 1/2 left stepping L forward (8) (3:00)

Note: You may omit the full turn on counts 7-8 by walking forward R, L.

[9-16] SYNCOPATED LOCK STEPS X 2, FORWARD ROCK, RECOVER, BACK, BACK

- 1-2& Step R diagonally forward right (heavy step) (1); Cross L behind R (2); Step R to right (&)
- 3-4& Step L diagonally forward left (heavy step) (3); Cross R behind L (4); Step L to left (&)
- 5-6 Rock R forward (5); Recover onto L (6)
- 7-8 Step R back (pull R shoulder back) (7); Step L back (pull L shoulder back) (8) (3:00)

***3 Restarts: Each time you Restart, you will do a 1/4 turn right to rock R to right side**

Restart #1 - On repetition 4 you are facing 3:00, dance 16 counts and Restart facing 9:00

Restart #2 - On repetition 8 you are facing 12:00, dance 16 counts and Restart facing 6:00

Restart #3 - On repetition 10 you are facing 3:00, dance 16 counts and Restart facing 9:00

[17-24] 1/4 TURN R, POINT L, SWITCH POINT R & L, BODY ROLL, & STEP SIDE, HOLD, & 1/4 TURN L

- 1-2 Turn 1/4 right stepping R to right (1); Touch L to left side (2) (6:00)
- &3&4 Step L beside R (&); Touch R to right side (3); Step R beside L (&); Touch L to left side (4)
- 5 With body facing slightly right, roll body back from top down shifting weight to L foot (5)
- &6 Step R beside L (&); Squaring body up to 6:00 step L to left (6) (6:00)
- 7 Hold (7)
- &8 Step R beside L (&); Turn 1/4 left stepping L forward (8) (3:00)

[25-32] KNEE POP/CAMEL WALK TURNING L 1/2, OUT, OUT, BALL CROSS (OR FULL TURN R)

- 1 Turn 1/4 left stepping R to right popping L knee forward with ball of L on floor (1) (12:00)
- 2 Turn 1/4 left stepping L forward popping R knee forward with ball of R on floor (2) (9:00)
- 3 Step R forward popping L knee with ball of L on floor (body facing slightly left) (3)
- 4 Lock step L behind R popping R knee forward with ball of R on floor (4)
- 5-6 Squaring body to face 9:00 – Strong step R to right (5); Strong step L to left (6)
- 7 Hold (7)
- &8 Step ball of R slightly back (&); Step L across R (8) (9:00)

Turning option: Prep your body slightly left on count 6. Then, you may do a full turn right traveling to the right with small steps R, L on counts &8.

Begin again. Enjoy!

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