

M.I.B. II (Men In Black 2)

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Intermediate/Advanced
编舞者: Jim Rainey (USA)
音乐: Black Suits Comin' (Nod Ya Head) - Will Smith & TRÂ-Knox



TOE, HALF PIVOT, BRUSH STEP, TAP STEP, KICK, KICK, STEP, STEP

- 1-2 Touch left toe next to right heel, pivot half turn to left placing weight to left foot with right toe next to left heel
- 3&4& Brush ball of right foot forward, step slightly forward with right foot, tap toe of left foot behind right, step back onto left
- 5&6 Make a low kick forward with right foot, bring right foot back by left, (never touching floor) pivot back to right shoulder to beginning wall and kick right foot forward again
- 7-8 Step right foot down beside left, step left beside right (feet should be side by side)

GANGSTER WALK, KICK HOOK KICK HITCH, REACH STEP ½ TURN STEP

- &1&2& With shoulders still squared with beginning wall, slightly raise right knee, step right foot out to right side slightly outside of right shoulder, slightly raise left foot off of floor by bending left knee, step left foot out to left side slightly outside of left shoulder, raise right foot slightly off of floor again by bending right knee
- 3&4 Step right foot out to right side slightly further, step left beside right, step right to right side again

Shoulders still squared with beginning wall

- &5&6 Kick left foot forward, hook left over right while keeping left foot in air, kick left foot forward, hitch left knee up
- &7&8 Reach out to left side with left foot, step on left foot, hitch right knee while making ½ turn to right shoulder, step right next to left

TOE, HALF PIVOT, BRUSH STEP, TAP STEP, KICK, KICK, STEP, STEP

Same as first 8 steps

- 1-2 Touch left toe next to right heel, pivot half turn to left placing weight to left foot with right toe next to left heel
- 3&4& Brush ball of right foot forward, step slightly forward with right foot, tap toe of left foot behind right, step back onto left
- 5&6 Make a low kick forward with right foot, bring right foot back by left, (never touching floor) pivot back to right shoulder to beginning wall again and kick right foot forward
- 7-8 Step right foot down beside left, then step left beside right (feet should be side by side)

GANGSTER WALK, GANGSTER WALK WITH STEP DRAG

- &1&2& With shoulders still squared with beginning wall slightly raise right knee, step right foot to right side slightly outside of right shoulder, slightly raise left foot off of floor by bending left knee, step left foot out to left side slightly outside of left shoulder, raise right foot slightly off of floor again by bending right knee
- 3&4& Step right foot out to right side slightly further, step left beside right, step right to right side again, raise left foot slightly off of floor

Shoulders still squared with beginning wall

- 5&6& Step left foot out to left side, slightly raise right foot off of floor, step right foot out to right side, slightly raise left off of floor
- 7-8 Step a large step out to left side, drag your right foot over next to left foot

SKATER STEPS, STEP ROCK RECOVER HITCH, ALTERNATING WALKING KNEE POPS

- 1-2 Step forward with right foot with a skater step, step forward with left foot with a skater step
- 3&4 Turn ¼ turn to right and step onto right, step forward on left, step back onto right while hitching left knee straight up (starting a slow ½ turn to left for count 5)

5-6-7-8 Slowly pivot on right foot ½ turn to left with left knee hitched, step on left with right toe beside heel of left foot (right knee should be popped forward), roll to ball of left foot while placing right foot down with heel of right foot beside toe of left (left knee should be popped forward), repeat again for right knee to be popped out

STEP, STEP, ½ TURN CLAP, CROSS TOGETHER STEP, ROCK STEP

1-2 Step back onto right, step back onto left
3&4 ½ turn to right (with new wall being 12:00, over turn to 1:00) stepping onto right foot, place left next to right putting weight on left, clap

Still squared up to 1:00

5&6 With shoulders still at 1:00 travel towards new wall (12:00) by crossing right over left, bring left beside right, cross right back over left
7-8 Square back up with new wall (12:00) and step forward on left, rock back on right

STEP TOGETHER STEP ½ TURN, ½ TURN, ROCK, KNEE POP, STEP, STEP

1&2 Step ¼ turn left onto left foot, bring right beside left, step left out to left
3-4 ½ turn to left shoulder stepping right beside left, ½ turn still going to left placing left beside right (full turn while taking two steps)
8&5&6 With feet side by side rock back onto heels, recover forward for weight to be on both feet, raise onto ball of feet and pop knees out in opposite directions, recover back onto feet
7-8 Step left foot forward, step right beside left

AND CROSS STEP, AND CROSS STEP, AND CROSS STEP, AND CROSS STEP

&1-2 Step onto left foot, cross right over left, step left out to left
&3-4 Step onto right foot, cross left over right, step right out to right
&5-6 Repeat &1-2
&7-8 Repeat &3-4

NOD YA HEAD, TRIPLE STEP, NOD YA HEAD, TRIPLE STEP

1-2 Looking to left, nod head twice toward beginning wall
3&4 Step left out to left side, cross right behind left, step left out to left side (while doing 3&4 slowly turn head toward right shoulder)
5-6 Looking to right, nod head twice toward beginning wall
7&8 Step right out to right side, cross left behind right, step right out to right side (turning head to look to left)

NOD YA HEAD, TRIPLE STEP, NOD YA HEAD, STEP, ½ TURN TOUCH

1-2 Looking to left, nod head twice toward beginning wall
3&4 Step left out to left side, cross right behind left, step left out to left side (again turning head slowly to right shoulder)
5-6 Looking to right, nod head twice toward beginning wall
7-8 Step right out to right side, ½ turn to left shoulder and touch left next to right (keep weight on right foot)

NOD YA HEAD, TRIPLE STEP, NOD YA HEAD, TRIPLE STEP

1-2 Looking to left, nod head twice toward beginning wall
3&4 Step left out to left side, cross right behind left, step left out to left side (again turning head slowly to right shoulder)
5-6 Looking to right, nod head twice toward beginning wall
7&8 Step right out to right side, cross left behind right, step right out to right side (turning head to look to left)

NOD YA HEAD, TRIPLE STEP, NOD YA HEAD TRIPLE STEP

1-2 Looking to left, nod head twice toward beginning wall
3&4 Step left out to left side, cross right behind left, step left out to left side (again turning head slowly to right shoulder)

5-6 Looking to right, nod head twice toward beginning wall
7&8 Step right out to right side, cross left behind right, step right out to right side

REPEAT
