

In The Zone

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Joey Warren (USA)
音乐: Me Against the Music (feat. Madonna) - Britney Spears



Start 32 after instrumental kicks in

Step, Step, Hitch, Step Cross, ¼ Turn, Rock Recover, Hitch, ½ Turn, & Step

- 1-&-2 Step out & back on R, step out & back on L, hitch R knee up (angle body to right)
- 3-&-4 Step down on R, step across with L, ¼ turn to L stepping R beside L (punch L arm out)
- 5-&-6 Rock back on L, recover on R, brush L leg forward and up in the air
- 7-&-8 Half turn to right while keeping L knee hitched, step down on L, place R heel out

Step Cross, Point Toe, Knee Pops, Slide, Heel Flick, Hips & Feet Swivels

- &-1-2 Step down on R, cross over with L, point R toe to R side
- 3-&-4 Pop R knee in, pop R knee back out, and press R toe beside L (prep for slide)
- 5-6 Slide L foot out while pressing R down, flick R heel up to L calf with ¼ turn L
- 7-&-8 Swivel hips & feet out, in, out while making a ½ turn to L (hitch L knee up on 8)

Step Locks with shoulder movements, kick & touches with one ½ turn

- 1-2 Step L foot forward while lowering L shoulder, lock R behind L (lift L shoulder up)
- 3-&-4 Step L foot forward, lock R behind L, step L foot forward (same shoulder movement)
- 5-&-6 Kick R foot forward, bring R across L stepping on that R, point L toe back
- 7-&-8 Kick L foot back while making ½ turn to L, step L across R, point R toe back

Step, Paddle Turns, ¾ turn, step, Knee pop with arm movement, ½ turn

- 1-2 Step R foot forward, point L toe out while making ¼ turn to R
- 3-4 Point L toe out while making ½ turn R, step forward on L
- 5-&-6 Step R foot forward, pop R knee up (extend both arms out bent at elbows), step on R
- 7-8 Step back on L while making ½ turn to L, kick R foot forward

Weave to R, weave to L

- &1&2 Step R to R side, cross L over R, step R to R side, step L foot behind R
- &3&4 Step R to R side, cross L over R, step R to R side, point L heel out
- &5&6 Step L to L side, cross R over L, step L to L side, step R foot behind L
- &7&8 Step L to L side, cross R over L, step L to L side, point R heel out

Step Cross, Body roll, step touch, ¼ turn with arm movement, touch, step

- &-1-2 Step R to R side, body roll down bringing L ft. over R, bring arms bent at elbows to chest
- 3-4 Step R out to R side, touch L next to R
- 5-6 Do ¼ turn to L while sweeping arms around in front of you, punch arms out to R side
- 7-8 Touch L toe behind and turn head to your R, step down on L (bring arms down)

Out-Out, In-In, Out-Out, In, Kick & touch, Kick & touch, jump, Knee Pops

- &1&2 Step R out, step L out, step R in, step L in (travel back slightly when doing these)
- &3&4 Step R foot out, step L out, step R in, kick L foot forward
- &5&6 Step L foot back down, kick R foot out, touch R toe next to L, jump out with ¼ turn L (Feet should be together after you jump) (Punch both arms out to sides on count 6)
- 7-8 Pop L knee while pushing L shoulder up, Pop R knee pushing R shoulder up (wt. on L)

Kick Ball touches, ¾ turn, left coaster step

- 1-&-2 Kick R foot forward, step R foot back down, touch L toe to L side (angle these touches)
- 3-&-4 Kick L foot forward, step L foot back down, touch R toe to R side
- 5-6 Step R behind L foot, do a ¾ turn to the R ending with weight on R
- 7-&-8 Step L foot back, step R foot beside L, step right foot forward

RESTART: Your restart occurs on the 3rd time you face your back wall. Do counts 1-16. But this time when you slide and flick your right foot leave the weight on the Left so you can do your ½ turn swivels and start over right after you turn with your Right foot stepping back
