

Justdancethedance

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kathy Brown (USA)
音乐: Me, Myself and I - Vitamin C



POINT RIGHT FRONT, POINT RIGHT SIDE, SWITCH AND POINT, ¼ TURN LEFT, LEFT COASTER, PIVOT ½

- 1-2 Point right toe forward, point right toe to right side
- &3-4 Step right next to left, point left to left side, roll left shoulder up and around and roll your left knee right to left, as you make a ¼ turn left, keeping weight on right
- 5&6 Step back on left, step back on right, step left forward
- 7-8 Step forward on right, pivot ½ turn left, (keep weight on right)

SYNCOPATED CROSSES, SWIVEL, ¼ TURN STEP, LEFT COASTER, POINT

- &1-2 Step left back, cross right over left (&1), step left to left side (2)
- &3&4 Step right slightly back and cross left over right (&3), swivel heels out, in (&4) (weight ends on left)
- 5-6 Step right back ¼ turn left, step left back
- &7-8 Step right back, step left forward, point right toe forward

SYNCOPATED BACK POINTS WITH BODY ROLLS, ¾ TWIST TURN, FORWARD TRIPLE

- &1-2 Step right next to left, point left toe back, body roll up (weight changes to the left foot)
 - &3-4 Step right next to left, point left toe back, body roll up (weight changes to the left foot)
 - &5-6 Step right next to left, point left toe back, ¾ twist turn left
- Twist body ¾ left, weight on right, this will leave the left leg in a hook position**
- 7&8 Left triple forward

PIVOT LEFT ½, RIGHT TRIPLE FORWARD, BUMP, STEP SIDE, BUMP, STEP SIDE

- 1-2 Step right forward, pivot ½ turn left
- 3&4 Triple right forward
- 5-6 Bump hip to right (5) step left (small) to side and bump hip left(6)
- 7-8 Step right slightly to left and bump hip right(7), step down on left and bump hip left

REPEAT

TAG

Using the music "Me Myself and I", After the 7th rotation of the dance (2nd time at 3:00) she says "2,4,6,8"

- 1-2 Point right forward, point right side
- 3-4 Point right forward, point right side

Start the dance from the beginning