

Stronger Faster

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Christopher Petre (USA) - September 2007
音乐: Stronger (feat. Daft Punk) - Kanye West : (CD: Graduation)



Special note: the intro is only 8 counts before the lyrics.

[1-8] STEP, KNEE POP, AND POINT, ¼ L STEP, HITCH, TOUCH, ½ R TURN AND TOUCH

1 Place R to right side (don't weight foot)
Hold left hand in front, palm down and R hand at side, palm down
&2 "Pop" R knee & shoulder lifting R heel (R toe pushes into floor) & raising R shoulder up to ear
 then drop heel and shoulder but keep your weight on the left foot
As you pop knee push L palm down; R hand should lift as you raise R shoulder
&3 Step R next to L, point L toe to left side
4,5 Turning ¼ left (9:00) step onto L, hitch R knee forward
6&7 Touch R toe back, keeping weight on L pivot ½ right (3:00), point R toe forward
Bend forward as you touch toe back extending arms bent at elbow...think "robot" (6), Drop arms and bend over at waist as you turn (&), rise up and extend arms (7)
&8 Step R next to L, touch L toe back,
Bend deeply forward in a chopping motion as you touch toe back

[9-17] ½ L TURN, STEP PIVOT ¾ L, CHASSE, X ROCK & SIDE, FULL TURN SWEEP-OUT-OUT

1 Turn ½ left (9:00) stepping onto L (remain bent over as you turn for count 1)
2,3 Step forward on R, pivot turn ¾ left (12:00) stepping onto L
4&5 Step R to right side, step together on L, step R to right side
6&7 Cross rock L over R, recover weight onto R, step L to left side
8&1 Keeping weight on left pivot one full turn left (12:00) sweep R around touching R toe next to L, step R out to right, step apart on L
Or simply leave out the turn and touch together (8) and then step out-out

[18-25] KNEE IN-OUT, ½ R STEP, POINT, ¼ R STEP, HITCH ½ R, BACK, COASTER STEP

&2 Turn R knee in lifting heel, turn R knee out stepping R in place
3,4 Keeping weight on R pivot ½ right (6:00) stepping L to left side, cross point R toe over L
As you point bring left arm across chest and point with right hand to right (9:00)
5 Turning ¼ right (9:00) step forward on R
6&7 Hitch L knee, keeping weight on R turn ½ right (3:00), step back on L
Push arms forward as you step back on count 7
8&1 step back on R, step together on L, place R forward without weight

[26-32] KNEES POP, BALL-BACK, POINT & POINT, QUARTER, HALF, BEGIN SAILOR

&2 Lifting onto the balls of feet pop both knees forward shrugging shoulders, then drop heels and shoulders; your weight is on your left foot
Extend hands forward at waist level palms down; they'll raise up-down as you shrug your shoulders
&3 Step together on R, turn ¼ left (12:00) stepping L to left side
4&5 Point R toe out to right side, hitch R knee, point R toe out to right side
6,7 Turning ¼ right (3:00) step forward on R, turning ½ right (9:00) step back on L
8& Step R behind L, step L to left side (the end of this sailor is count 1 of the dance)

Repeat