

Notice The Danger

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 0 级数: Intermediate Contra
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音乐: Dangerous (feat. Akon) - Kardinal Offishall



Counts: 80 counts (Part A (48), Part B (32))

Sequence: B,A,B,B,A,B,B,B, ½ A, B,B,B (Most fun done contra!)

PART A (48 counts)

(1-8) Arm shrugs X3, chest pop, shoulder pop, sailor 1/4

- 1&2 with right arm up and out to side at shoulder level and left arm down and out at waist level, both arms bent at elbow, shrug shoulders forward, pull shoulders back, reverse arm positions and repeat count 1
- &3&4 Pull shoulders back, repeat count 1 twice
- &5& bring right hand in front of chest palm facing into chest fingers curled slightly in, pop chest out while opening hand, collapse chest while curling fingers in slightly
- 6& pop left shoulder up slightly while sliding left hand up from chest to in front of left shoulder, drop left shoulder while bringing right hand back in front of chest, while shifting weight onto right foot
- 7&8 step left behind right, make a 1/4 turn to right stepping forward on right, step left to left side (3:00)

(9-17) sailor 1/4, step touch, side together, back, coaster with kick back

- 1&2 step right behind left, step together with left, make a 1/4 turn to right stepping forward on right (6:00)
- 3,4 Big step fwd on L, touch R beside L
- 5,6 Big slide to right on R, Step L beside R
- 7 Step back on R
- 8&1 Step back on L, step back on R, step fwd on L(hop) while kicking right back

(18-25) step back, coaster, side step with elbow throw, coaster with punch, side rock cross

- 2 Step back on R
- 3&4 Step back on L, step together with R, step fwd on L
- 5 Step R to right side while throwing right elbow out to right side right
- 6&7 Step back L, step together with R, step fwd L (with left arm across body at chest level, roll right arm around left one rotation clock wise punching right arm forward above left on count 7)
- 8&1 Rock R out to right side, recover on L, cross right over left

(26-32) 1/4, 1/2, 1/4, step out, knee pops, shoulder rocks, ball step to side

- 2,3 Step L ¼ to left side, step back on R turning ½ turn to left
- &4 Turning ¼ to left step L to left side, step R out to right side (out, out)
- &5 pop knees in (heels out), return knees to center (heels to center)
- 6,7 pop shoulders to left, pop shoulders to right
- &8 bright left into right, step right to right side

(33-40) Shrugs forward, walk X2, 1/2 turn Jazz, Walk X2

- 1,2 shrug body forward twice, Like a hop forward but your feet really don't leave the ground
- 3,4 Step R to right diagonal, step L to left diagonal
- 5&6 Cross R over L, step back on L turning ¼ to right, step R to right side turning ¼ to right
- 7,8 walk forward left, right

(41-48) Sailor X2, hold, ball step to the right , ball step to the right, touch

1&2	step left behind right, step together with right, step forward on left
3&4	step right behind left, step together with left, step forward on right
5&6	Hold, step together with left, step right to right side
7&8&	Hold, step together with left, step right to right side, touch L beside R

PART B (32 counts)

(1-8) Slides with 1/2 X3, back step, coaster

1,2	Taking weight on ball of L foot, push R back, turn ½ to right keep weight on L
3,4	Taking weight on ball of L foot, push R back, turn ½ to right keep weight on L
5,6	Taking weight on ball of L foot, step back on R, hold on (6)
7&8	Step back on L, step back on R, step forward on L

(9-16) Walk with 1 1/2 turn, coaster, step

1,2	Walk forward R, walk forward L
3,4,5	Step back on R turning ½ to left, step forward on L turning ½ to left, step back on R turning ½ to left
6&7	Step back on L, step back on R, step forward L
8	Step forward on R

(17-24) Walk, scuff, hitch, side step, body roll X2,

1	Step forward on L
2,3,4	Scuff R forward, hitch R, step R to right side
5,6	Body roll to right side
7,8	Body roll t left side

(25-32) Ball step to side X2, walks out, out, in, in

&1,2	Step R to center, step L to left side, hold
&3,4	Step L to center, step R to right side, hold shifting weight to L
5,6	Step R forward, step L forward (out, out)
7,8	Step R back, touch L beside R (in, in)

Note. This dance should be done as a contra. In the part of the dance where you only do counts 1-32 you will not be facing your contra partner.....Do not be alarmed. You will come back to them. Just try it and have fun
