

Circus

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Sectioned Intermediate
编舞者: Joey Warren (USA) & Rachael McEnaney (USA) - February 2009
音乐: Circus - Britney Spears



CIRCUS SECTION

Prep-Slide-Hitch, Arm Movements, Step-Hitch-Step Out, Swivel w/ Arms

- & - 1 Slightly lift R foot off ground bringing hands up (palms down) to about waist level, Step down on R foot as you slide L foot back, bring hands down as you slide L back
- 2-&-3 Hitch L knee up as you bring both arms up to chest level bent at elbows w/ closed fist, Lift L arm up R arm down, Lift R arm up L arm down/step down on L foot
- & - 4 Hitch R knee up as you bring L and R arms in so they are in a crossed position, Step out on R foot as you bring arms back out to chest level / arms are even
- & - 5 On the heel of your L foot and ball of your R swivel L toe out and R heel in as you bend both arms up so it frames your face/hands should be open and not closed on this (like a field goal signal, but not as tall, arms are still bent at elbow), Bring feet back to original position weight on L drop hands down in front of face (like windshield wipers, but both go in)
- & - 6 Step R foot in and back, Touch L to L side
- & - 7 Step L foot in and back, Touch R to R side
- &&1 Step R foot in and back, Rock L to L side, Recover R, Cross L over R

Knee Pops-Hitch, Step-Cross-1/4 Turn Kick, 1/2 Turn Walk x3

- 2-&-3 Bring R foot out to R as you pop R knee in, Pop R knee out, Hitch R knee up as you swing L arm in (like a L jab in boxing)
- 4-&-5 Step down on R foot, Step L foot across R, 1/4 Turn L stepping back on R foot as you kick L foot up and punch both arms straight up in the air
- 6-7-8 Bring hands down as you do 1/2 Turn L stepping forward on L, Step R, Step L

Brush Step, 1/2 Turn Out-Out, Hold, 1/4 Turn w/ Look Back, Knee Pops w/ Arms

- & - 1 Brush R heel forward, Step down on R foot (slightly bend over at waist here)
- 2-&-3 Step back on L foot (straighten body back up), Start 1/2 turn R stepping R forward, Finish turn stepping L out to L side
- 4-&-5 Hold, 1/4 Turn R stepping out on R foot as you look back over your R shoulder, Touch L out to L side (still looking over your R shoulder)
- 6 1/4 Turn L stepping down L foot (bring head back to center)
- 7&8& Step R beside L as you pop L knee up, Step down on L as you pop R knee up, Step down on R as you pop L knee up, Step down on L as you pop R knee up

Arms (As you are popping your knees hands are acting as if they were juggling. They go the same as your knees; L knee up – L hand up) Finish with R hand up

R Quick Steps, 1/4 Paddle, 1/2 Paddle, Step-Rock-Together, Step 1/4 Turn, 3/4 Turn

- 1-&-2 Step R foot forward, Step L foot beside R, Step R foot forward
- 3 - 4 1/4 Turn R touching L to L side, 1/2 Turn R touching L to L side
- &-5-6 Step L to R, Rock R out to R w/ side body roll, Recover weight on L foot
- & - 7 Step R to L, 1/4 Turn L stepping L foot forward
- 8 - & Swing that R foot around starting 1/2 turn L, Finish 1/2 Turn stepping out on L

RINGLEADER SECTION

Rock Recover, Modified Sailor w/ Touch, Knee Pops x2, Weave

- 1 - 2 Rock R out to R side as you roll knee out, Recover on to L
- 3-&-4 Step R foot back behind L, Step down on L foot, Kick R foot forward
- & - 5 Step R foot back beside L, Touch L toe back (slightly turned to R diagonal)
- 6 - 7 Pop both knees out, Pop both knees out again (weight on R)

8-&-1 Step L foot behind R, Step R foot out to R side, Step L foot forward

¼ Turn Bounce, Hold, Out-Out, Pelvic Thrust, Side Steps x2

2 - & ¼ Turn R bouncing on heels x2 (weight on R)

3-&-4 Hold, Step out on L foot, Step out on R foot

& - 5 Push your hips forward, Push your hips back starting hip roll anti-clockwise

6 Continue hip roll around

7 - 8 Step L to L side, Step R cross L

Full Turn Walk Around With Hand Movements

1 - 6 Full Turn L walking L, R, L, R, L, R

7 - 8 Center up by stepping L foot beside R, Hold feet in place

Arms ON 7 you place L hand on top of knuckle side of R hand and bring them around your head going from the L side, then behind your head, then to the R side

Hand Movements, Arms, Kick-Ball-Step, ½ Turn R Sailor

*** Hands just came around to the R side of your head so....**

1 - 2 Bring L hand down to chest level as you flip R hand over top of L so that the R palm is now facing out, L hand should be close to holding the R wrist as you slightly bend down and slide R hand down and L hand slides up R arm

3 - 4 Bring both hands up to chest bent at elbows (closed fists) as you straighten back up, Take arms out to each side with hands open

5-&-6 Kick R foot forward, Step R foot beside L, Step L foot forward

7-&-8 ¼ Turn R stepping R behind L, Step L beside R, ¼ Turn R stepping R forward

Upward Body Roll, Kick-Ball-Step, ½ Turn R Sailor, Hand Movements

1 - 2 As you step L foot beside R Roll body up from knees till straight (weight on L)

3-&-4 Kick R foot forward, Step R foot beside L, Step L foot forward

5-&-6 ¼ Turn R stepping R behind L, Step L beside R, ¼ Turn R stepping R out to R

7&8& Bring L arm up to chest (bent at elbow) R elbow should be touching the end of L arm (with R arm sticking up, like an action sign in a movie) (7) Take R arm down and put it on top of R (like your hands are doing the "action" signal in a movie), (&) Slide R arm out to R till R hand is on top of L hand/palms facing down, (8) Take R arm and put it down by your R hip, (&) Take L hand and drop it down by R hip on top of R hand (Weight should still be on R foot)

R Step Back w/ L Slide, L Coaster Step, Walk x2, Step ½ Turn L

1 - 2 Step back on R foot as you drag L foot back as you swing L arm out (palm up)

Drop Hands to your side

3-&-4 Step back on your L foot, Step R foot beside of L, Step L foot forward

5 - 6 Step R foot forward, Step L foot forward

7 - 8 Step R foot forward, Pivot ½ turn L stepping down on L foot

TAG 1

Only happens once in the dance! After you have done your Circus and Ringleader Sections the first time all they way through, you do your first tag. You will be facing the back wall; weight is on L after your ½ pivot.

1 - 4 Step forward on R foot, ½ Turn R stepping back on L, ½ Turn R stepping forward on R, Step forward on L foot

TAG 2

This tag happens twice in the dance. It's the part of the song that sounds like a guy laughing; comes after the Circus Sections that follow the Ringleader Sections.

1 - 2 Touch R to R side, Step R foot behind L (slightly bending over at waist)

- 3 – 4 Touch L to L side (straightening back up), Step L behind R (bend over at waist)
- 5 – 6 Touch R to R side (straightening back up), Step R foot behind L
- 7 – 8 Step L out to L side, $\frac{1}{4}$ Turn L swiveling both heels around (L foot should be in front of R foot now, with weight on L)

SEQUENCE

Circus Section, Ringleader Section, Tag 1, Circus Section, Tag 2, Circus Section, Ringleader Section, Circus Section, Tag 2, Circus Section 3 Times

After the last Tag 2 you start the Circus Section again which you will do 3 times. Instead of doing a $\frac{3}{4}$ turn at the end of your Circus section you will just do a $\frac{1}{2}$ Turn so you can face the 12 o'clock wall the last 3 times.

GOOD LUCK AND I HOPE YOU ENJOY!
