

Let's Turn It Up!

COPPER KNOB
STEPPERS

拍數: 96

牆數: 4

級數: Phrased Intermediate / Advanced
WCS



編舞者: Niels Poulsen (DK) - March 2015

音樂: Time of Our Lives - Pitbull & Ne-Yo : (iTunes)

Intro: 64 count intro (30 secs. into track). Start with weight on L foot

#1 Restart: Do the first 16 counts of wall 9 (starts at 6:00). Then Restart facing 6:00

Sequence: Intro, 64, 32, 32, 64, 32, 32, 32, 32, 16, 32, 32.

OPTION!!!: To match the music change a few of the steps in 3 different places. See bottom of page.

A – 64 counts, 2 walls (You only do it twice, each time facing 12:00 and each time ending facing 6:00)

A[1 – 9] Walk R L, kick out out, ball step, ½ Monterey R, side mambo ¼ R

1 – 2 Walk R (1), walk L (2) 12:00

3&4 Kick R low fwd (3), step small step out R (&), step small step out L (4) 12:00

8&5 – 7 Step R towards L (&), cross L slightly over R (5), point R to R side (6), turn ½ R on L stepping R next to L (7) 6:00

8&1 Rock L to L side (8), turn ¼ R as you recover onto R (&), step fwd on L (1) 9:00

A[10 – 17] R rock fwd, run RL back, big R step back, drag, ball back rock, L samba step

2 – 3 Rock fwd on R (2), recover back on L (3) 9:00

4&5 Run back on R (4), run back on L (&), step a big step back on R (5) 9:00

6&7 Drag L next to R (6), rock quickly back on L (&), recover fwd on R (7) 9:00

8&1 Cross L slightly over R (8), rock R to R side (&), recover onto L (1) 9:00

A[18 – 25] Weave 1/8 R, 1/8 R into L coaster step, fwd R with swivels, R coaster cross

2&3 Cross R over L (2), step L to L side (&), turn 1/8 R when crossing R behind L (3) 10:30

4&5 Turn 1/8 R stepping back on L (4), step R next to L (&), step fwd on L (5) 12:00

6&7 Place R foot fwd (6), swivel both heels R (&), swivel both heels back to neutral (7) 12:00

8&1 Step back on R (8), step L next to R (&), cross R over L (1) 12:00

A[26 – 32] Hitch L, big side L, slide, side R, hip R L & shoulder pops, ball step & shoulder pops

2 – 4 Hitch L leg (2), step L a big step to L side (3), slide R towards L (4) 12:00

5 – 6 Step R to R side and bump hip R and drop R shoulder and lift L shoulder up (5), bump L hip L and drop L shoulder and lift R shoulder up (6) 12:00

7&8 Bump hips R and drop R shoulder down and lift L shoulder up (7), step L next to R and repeat shoulder drop/lift (&), step R to R side and repeat shoulder drop/lift (8) 12:00

Nerdy option! - To hit ALL the pronounced syllables in the 'drop, drop, drop, drop it like it's hot' squeeze in 2 more shoulder pops (don't change your steps tho!).

In this case you pop your shoulders on counts 5-6&7e&8....: 'drop (5), drop (6), drop (&), drop (7), it (e) like it's (&) hot (8)'

A[33 – 40] L sailor step, behind side cross, point L with hip, together, point R with hip, together

1&2 Cross L behind R (1), step R to R side (&), step L to L side (2) 12:00

3&4 Cross R behind L (3), step L to L side (&), cross R over L (4) 12:00

5 – 6 Point L to L diagonally pushing hips fwd (5), step L next to R (6) 12:00

7 – 8 Point R to R diagonally fwd pushing hips fwd (7), step R next to L (8) 12:00

A[41 – 48] Rock L fwd, ¼ L into chasse, R vaudeville, ball cross, side R

1 – 2 Rock L fwd (1), recover back on R (2) 12:00

3&4 Turn ¼ L stepping L to L side (3), step R next to L (&), step L to L side (4) 9:00

5&6 Cross R over L (5), step L a small step to L side (&), touch R heel diagonally fwd R (6) 9:00

&7 – 8 Step R next to L (&), cross L over R (7), step R to R side (8) 9:00

A[49 – 56] L behind with sweep, R behind, chassé ¼ L, R rock fwd, R back lock step

1 – 2 Cross L behind R bending in L knee and sweeping R to R side (1), cross R behind L (2) 9:00
3&4 Step L to L side (3), step R next to L (&), turn ¼ L stepping fwd on L (4) 6:00
5 – 6 Rock fwd on R (5), recover back on L (6) 6:00
7&8 Step back to R (7), lock L in front of R (&), step back on R (8) 6:00

A[57 – 64] ¼ L into L side rock, together, R side rock, R sailor ¼ R, fwd L, L heel swivel

1 – 2& Turn sharp ¼ L rocking L to L side (1), recover on R (2), step L next to R (&) 3:00
3 – 4 Rock R to R side (3), recover on L (4) 3:00
5&6 Cross R behind L (5), turn ¼ R stepping L next to R (&), step R slightly fwd (6) 6:00
7&8 Place L foot fwd (7), swivel L heel to L side (&), return L heel to neutral stepping onto L and flicking R foot back (8) 6:00

B – 32 counts, 4 walls (please note that the first time you do B you will be facing 6:00)

B[1 – 8] Step ½ L, R shuffle fwd, cross, side rock cross, point L

1 – 2 Step fwd on R (1), turn ½ L stepping onto L (2) 12:00
3&4 Step fwd on R (3), step L behind R (&), step fwd on R (4) 12:00
5 Cross L slightly in front of R (5) 12:00
6&7, 8 Rock R to R side (6), recover on L (&), cross R over L (7), point L to L side (8) 12:00

B[9 – 16] Hip roll from R to L, ball cross, jazz ½ R, L shuffle fwd

1 – 3 Roll your hips anti-clockwise (1 – 3) – hit the lyrics 'I work my ass off'... □ 12:00
&4 Step L next to R (&), cross R over L (4) 12:00
5 – 6 Turn ¼ R stepping back on L (5), turn ¼ R stepping fwd on R (6) 6:00
7&8 Step fwd on L (7), step R behind L (&), step fwd on L turning upper-body slightly R to prepare for full turn in next section (8) -

*** Restart here on wall 7: which starts facing 6:00.**

B[17 – 24] L full turn, ½ lock step, L back rock, ¼ R into L chasse

1 – 2 Turn ½ L stepping back on R (1), turn ½ L stepping fwd on L (2) 6:00
3&4 Turn ¼ L stepping R to R side (3), turn ¼ L locking L over R (&), step back on R (4) 12:00
5 – 6 Rock back on L (5), recover fwd onto R (6) 12:00
7&8 Turn ¼ R stepping L to L side (7), step R next to L (&), step L to L side (8) 3:00

B[25 – 32] Touch behind, full unwind R, L side rock cross, R side rock, R back rock

1 – 2 Touch R behind L (1), unwind a full turn R changing weight to R (2) 3:00
3&4 Rock L to L side (3), recover on R (&), cross L over R (4) 3:00
5 – 6 Rock R to R side (5), recover on L (6) 3:00
7 – 8 Rock back on R (7), recover fwd to L (8) 3:00

Start again! ...

CHANGE OF STEPS!!! To match the various changes of lyrics and beats throughout the track you (can choose to) change some of the steps in 3 different places in the dance.

The 1st time is during your second A, in section 2, counts 5-6&7. Do the following to hit the lyrics 'shake your ass'...

Point back, hip bumps & pop

5 Point R backwards (5) 9:00
6&7 Bump hips back (6), bump hips fwd and up (&), bump hips back popping L knee fwd (7) continue from count 8 (L samba step) 9:00

The 2nd time is also during your second A, in section 4, counts &5-8. Do the following to hit the beats in the music:

Ball cross, hitch, step slide

&5 – 6 Step small step back on R (&), cross L over R (5), hitch R knee (6) 12:00

7 – 8 Step R a big step to R side (7), slide L towards R (8) ... continue with the L sailor step ...
12:00

The 3rd time is the last 2 counts of the B section. It always happens during the verse where Ne-Yo sings 'I work my ass off' and it always happens facing 3:00. Hit the lyrics this way: Back R with L knee pop, hold, weight change to L

&7 – 8 Step back on R like doing a R back rock but pop your L knee fwd to hit 'HEY' in the lyrics (&), HOLD (7), step down on L (8) – (This change happens 3 times doing the B) 3:00

Contact: niels@love-to-dance.dk - www.love-to-dance.dk
