

Esther

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Chris Jacques (USA) - May 2025
音樂: Esther - BAYNK & Tinashe



Restarts: 1

Tags: 4

Intro: 32

[1-8]: Rock/sweep, Sailor ¼R, Step-Touches, Rock-Recover-Cross

1, 2 Rock forward on R (1), Recover weight L, Sweeping R from front to back (2)
3&4 Rotate ¼R stepping: R behind L (3), L to L side (&), Forward on R (4)
5&6& Step L to L side (5), Touch R next to L (&), Step R to R side (6), Touch L next to R(&)*
7&8 Rock L to L side (7) recover weight R (&) Cross L over R (8)** -Facing 3:00

*Styling option: dance as swivels, rolling through the ball of your foot as you move side to side with a push/glide instead of a step touch

** Prep to turn R by keeping L shoulder back as you step across.

[9-16]: Roll full turn R w/ knee push shuffle, Rock-Recover 1/4L, 1/4L step-hook, unwind 1/2L

1, 2 Rotate ¼R, Stepping forward on R (1), ½R, Stepping back on L (2)
3&4 Shuffle ¼R with knees bent, Stepping R w/ open knees (3), L with closed knees (&), R w/ open knee (4)
5&6 Cross Rock L over R (5), Recover weight R (&), Rotate ¼L Stepping forward on L (6)
&7, 8- Rotate ¼L, Stepping R to R side (&), Hook L behind R (7), Begin ½L Unwind, transferring weight onto L (8) – Facing 3:00

Restart here on wall 6 after 16 counts (2nd time starting dance at 6:00)

Instead of step-hook-unwind, after count 6 roll 2 half turns over L (or walk, walk) for counts 7, 8.

[17-24]: Knee Pops, Kick-Out-Out, Shoulder Sways, ¼R w/ rock+flick

1,2 Pop R knee forward as you finish the unwind (1), Transfer weight R, popping L knee forward (2)
3&4 Kicking L forward (3) Step L back and out to L side (&), Step R to R side (4)
5, 6 Sway upper body R, dipping R shoulder (5) Sway upper body L, dipping L shoulder (6)
7&8 While rotating ¼R*: Rock forward on R (7), Recover weight L (&) Forward on R, flicking L (8) – facing 6:00

*Styling note: make the rocks more fluid by letting your upper body sway slightly forward and back with the rocks

[25-32]: Press, Heel bounce ¼R, Sailor ¼R, Walk, ¼L, Sailor ¼L

1, 2 Press forward on L, keeping weight split (1), Rotate ¼R while bouncing heels up (&) down (2) – shifting weight L as heels come down
3&4 Rotate ¼R stepping: R behind L (3), L to L side (&), Forward on R (4)
5, 6 Walk forward on L (5), ¼L, Stepping R to R side (6)
7&8 Rotate ¼L stepping: L behind R (7), R to R side (&), Forward on L (8) – facing 6:00

Tag [1-8]: Out-Out, Rise, Fall, Lean w/ knee twist, Slide R, collect w/ Hitch, Run-Run

&1, 2, 3 Step R forward and to R side (&) Step L to L side (1), Rise up on balls of feet (2) Lower heels (3)
4&5 Lean to L side twisting L knee: Out to L side (4), Back to center (&), Out to L side (5)
6, 7 Recover weight R, sliding L next to R (6) Collect weight L as you hitch R toward R diagonal (7)
8& Run forward R (8) L (&)

Tag [9-16]: Step, Twists Heels, Hitch, Back-Touch, Body Roll, Back-Touch, Unwind

1, 2, 3	Step forward on R (1), Twist heels out to R side (2), Twist heels back to center, while hitching R (3)
4&5-6	Step back on R (4) Touch L behind (&) Body roll down, sitting back onto L (5-6)
&7, 8	Step back on R (7) Touch L behind (&), Unwind 5/8L, Taking weight L and sweeping R from back to front (8)

Tag happens once after walls 1 and 2, twice in a row after wall 3.

Sequence: 32, Tag, 32, Tag, 32, Tag, Tag, 32 (first time starting base 32 at 6:00), 32, 16, 32, 32

Last Update: 29 May 2025
