

No More! No More! No More!

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Celeste Chee Meng-Chi
音樂: Hit the Road Jack - Buster Poindexter



Sequence: A, B, A, B(1-16), TAG, B(17-32), A, B(1-16), TAG, C, B(17-32), A, B(1-16), TAG, C, B(17-32)
This dance was choreographed for DanceFuntasia KL 2004 Choreography Competition, organized by Tennessee Tornadoes and won first place

PART A

RIGHT KICK-HOOK-CROSS, POINT SIDE, CROSS, STEP SIDE, POP KNEES, JUMP CROSS, UNWIND ½ LEFT

- 8&1 Right kick to right side, pull hook back right over left, cross step right over left
- 2-3 Point left out to left side, cross step left over right
- 4 Step right to right side, (weight on left)
- 5-6 Pop right knee inward, pop left knee inward
- 7 Jump up and cross step right over left
- 8 Unwind ½ turn to left, right will be taking more weight

LEFT CROSS STEP-STEP DIAGONAL (3X), TOUCH LEFT BESIDE RIGHT

- 1-2 Cross step left over right to diagonal right, bend both knees, step right to right diagonal, (7, 30)
- 3-4 Cross step left over right to diagonal right, bend both knees, step right to right diagonal, (7, 30)
- 5-6 Cross step left over right to diagonal right, bend both knees, step right to right diagonal, (7, 30)
- 7 Touch left beside right and facing back wall, (6:00)

Styling option: swing both hands parallel back to left diagonal while you do "cross step left over right", swing both hands parallel front to right diagonal while you do "step right to right diagonal"

ROCK LEFT BACK, RECOVER, KICK LEFT, STEP BACK, TOUCH TOE BACK, STEP TOGETHER, TOE, HEEL, TOE, STEP

- 8&1 Back rock on left, recover weight to right, kick left forward
- 2 Step back left
- 3-4 Touch right toe back, step right beside left, (weight on the right)
- 5-6 Tap left toe beside right instep, tap left heel beside right
- 7-8 Tap left toe beside right instep, step down left beside right

SHUFFLE ½ TURN RIGHT, SHUFFLE FORWARD, STOMP RIGHT WITH HIPS PUSHED BACK, HOLD

- 1&2 Back shuffle with ½ turn to right - right, left, right ½ turn to right
- 3&4 Shuffle forward left, right, left
- 5 Stomp right next to left, straighten both legs, pushing hips back
- 6-8 Hold

Styling option: on count 5, you can raise right palm out near to your ear like you are listening to someone saying something unclear and you ask "what you say?"

ROGER RABBITS RIGHT, LEFT, RIGHT, UNWIND ½ RIGHT, HOLD

- 1-2 Swing right leg back on air, slid right leg into left heel which has just been lifted up
- 3-4 Swing left leg back on air, slid left leg into right heel which has just been lifted up
- 5-6 Swing right leg back on air, slid right leg into left heel which has just been lifted up
- 7 Unwind ½ turn to right, keep weight on left
- 8 Hold

TOUCH BEHIND, KICK RIGHT-SCOOT LEFT, TOUCH IN FRONT, KICK RIGHT-SCOOT LEFT, TOUCH BEHIND, KICK RIGHT-SCOOT LEFT, TOUCH RIGHT IN FRONT

- 1-2 Touch right toe behind left, kick right out to right side while left leg scoot slightly left
- 3-4 Touch right toe in front of left, kick right out to right side while left leg scoot slightly left
- 5-6 Touch right toe behind left, kick right out to right side while left leg scoot slightly left
- 7 Touch right toe in front of left

SLAP HIPS, TOE STRUT RIGHT, TOE STRUT LEFT, PIVOT ½ TURN LEFT (2X)

- 8& Slap right hip with right hand & stay on, slap left hip with left hand & stay on
- 1-2 Step right toe forward, drop down right heel
- 3-4 Step left toe forward, drop down left heel
- 5-6 Step forward right, pivot ½ turn to left
- 7-8 Step forward right, pivot ½ turn to left

LEFT TURNING BOOGIE WALKS - RIGHT, HOLD, LEFT, HOLD, RIGHT, HOLD, LEFT, HOLD

- 1-2 Step forward right slightly towards left diagonal (4, 30), hold
- 3-4 Step forward left slightly towards left (3, 00), hold
- 5-6 Step forward right slightly towards left diagonal (1, 30), hold
- 7-8 Step forward left slightly towards left (12, 00), hold

Remarks: for count 1-8, the direction of travel changes from starting position 6:00 to finishing position facing 12:00

PART B

DIAGONAL TOE STRUT, CROSS TOE STRUT, BACK TOE STRUT, ¼ TURN LEFT TOE STRUT

- 1-2 Touch forward right toe to right diagonal, drop down heel & click fingers to the right
- 3-4 Cross touch left toe over right, drop down heel & click both to the left
- 5-6 Touch back right toe, drop down heel & click fingers to the right
- 7-8 Make ¼ turn left as you touch left toe to left side, drop down heel & click fingers to the left

STEP RIGHT FORWARD, HITCH-CLAP UNDER, STEP LEFT BACK, HITCH-SLAP, STEP RIGHT FORWARD, HOLD, PIVOT ¼ TURN LEFT

- 1-2 Step forward right, hitch left & clap under your thigh
- 3-4 Step back left, hitch right & tap both hands on right thigh
- 5-6 Step forward right, hold
- 7-8 Make pivot ¼ turn left as you step on left, hold

DOROTHY STEPS - RIGHT-LEFT, STEP RIGHT FORWARD, PIVOT ½ TURN LEFT, STEP FORWARD, BEND KNEES AND HOLD

- 1-2& Step forward right to right diagonal, lock step left behind right, step forward right to right diagonal
- 3-4& Step forward left to left diagonal, lock step right behind left, step forward left to left diagonal
- 5-6 Step forward right, pivot ½ turn left
- & Step forward right, turn your right toe slightly to left diagonal, straighten both arms to the sides
- 7-8 Bend knee, weight on right, hold

STEP LEFT FORWARD, RECOVER, ½ TURN LEFT STEPPING LEFT FORWARD, STEP TOGETHER, CROSS ARMS, NODS

- 1-2 Step forward left, recover weight on right
- 3-4 ½ turn left stepping forward left, step right beside left
- 5 Cross arms, with left on top of right
- 6-7 Nod head twice

PART C

STEP RIGHT TO SIDE, KICK ¼ TURN LEFT, STEP LEFT, TOUCH RIGHT BESIDE, FORWARD HEEL

STEPS, STEP RIGHT BACK, STEP TOGETHER

- 1-2 Step right to right side, turn body ¼ left and kick forward with straight look
- 3-4 Step down left, touch right toe beside left
- 5-6 Step right heel forward, step left heel beside right
- 7-8 Step back right, step left beside right

Styling option: on count 5-6, wipe a full circle (each hand half a circle) from bottom sides to the eye level, both palms facing front, right palm blocking the eyes and left palm blocking the mouth, on count 7-8, return swing both hands back to original resting sides

MONTEREY ½ TURN RIGHT, HAND STYLING

- 1-2 Point right toe out to right side, ½ turn right stepping right beside left
- 3-4 Point left toe out to left side, step left beside right
- 5-6 Straighten up right hand with open palm facing back to right diagonal up, clench right fist and put near your right cheek
- 7-8 Straighten up left hand with open palm facing back to left diagonal up, clench left fist and put near your left cheek

TAG

POINT RIGHT FORWARD, POINT SIDE, ¾ SWEEP RIGHT TURNING, STEP ON, STEP LEFT SIDE, HOOK, STEP RIGHT SIDE, HOOK

- 1-2 Point right toe forward, point right toe out to right side
- 3 Sweep right behind left and beginning ¾ turn to right
- 4 Complete the ¾ turn to right and step on right
- 5-6 Step left to left side, hook right behind left
- 7-8 Step right to right side, hook left behind right

Styling option: on count 5, straighten up right hand with open palm facing backwards to right diagonal up, clench right fist and put near your right cheek on count 6, straighten up left hand with open palm facing backwards to left diagonal up on count 7, clench left fist and put near your left cheek on count 8

HALF VINE RIGHT, ¼ TURN RIGHT STEP LEFT TO SIDE, STEP RIGHT, HAND STYLING

- 1-2 Step down left behind right, step right to right side
- 3-4 Make ¼ turn right stepping left to left side, step down right
- 5-6 "Dive" both hands down and front and cross at lower arms (palms facing the floor), spread both hands out and sideways (palm facing away from floor)
- 7-8 "Up and dive down" both lower arms from the sides (with shoulders synchronizing the arms), "snake" both hands smoothly straightened and to sides of body

STYLING NOTE

Replace the following 7 counts while doing Part B for the 3rd time (facing 6,00) at count 25-31

CROSS RIGHT ARM, SWING RIGHT HAND TO RIGHT POINTING AND LOOK RIGHT, HOLD, CROSS BOTH ARMS, LOOK FRONT AND NOD TWICE

- &1 Raise right arm and across the body, point from left shoulder out to right side, look to right side
- 2-4 Hold
- 5 Cross arms, with left on top of right
- 6-7 Nod head twice

OPTIONAL OPENING

RAISE HANDS SLOWLY TO BACK OF HEAD, ½ TURN LEFT, LOWER BOTH HANDS BACK TO ORIGINAL SIDES

- 1-3 Back facing audience (6, 00), raise both hands up (palm open) from the sides in semi-circle and end them at the back of the head
- 4 Turn ½ left on ball of left foot, (12:00)
- 5-7 Lower both hands slowly to the sides using the original up path

OPTIONAL ENDING

BOOGIE WALKS IN CIRCLE

Keep doing the boogie walks in a circle to the left
