

Obey The Rhythm

COPPER KNOB
STEPPERS

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Nathan Easey (UK)
音樂: Rhythm Made Me Do It - Shania Twain



Sequence: A, 8 count freestyle, A, A(1-24), C, B, A, A(1-24), C(1-6), B, A(1-24), 4 count freestyle, A, A(1-24), C, B(1-32), B(1-32), B

PART A

SLIDES TO RIGHT & LEFT WITH HEEL JACKS

1-2 Step right foot long step to right side. Slide left foot beside right
&3&4 Step left foot back. Touch right heel forward. Step right in place. Touch left foot beside right
5-6 Step left foot long step to left, slide right beside left
&7-8 Step right foot back. Touch left heel forward. Step left foot in place. Touch right foot beside left

SIDE SHUFFLE, ROCK STEP, SYNCOPATED SIDE STEPS, ½ TURN

9&10 Step right foot to right side. Close left beside right. Step right to right
11-12 Rock left foot back, recover weight onto right
13-14 Step left foot to left side. Hold
&15-16 Step right foot beside left. Step left foot to left side. Hold
& Turn ½ left on ball of left foot

17-32 Repeat 1-16

TOE STRUTS FORWARD, ½ TURNING SHUFFLE, ROCK STEP

33-34 Touch right toe forward. Drop right heel to floor taking weight
35-36 Touch left toe forward. Drop left heel to floor taking weight
37&38 Shuffle right, left, right, making ½ turn left
39-40 Rock back on left, recover onto right

TOE STRUTS FORWARD, ½ TURNING SHUFFLE, ROCK STEP

41-42 Touch right toe forward. Drop right heel to floor taking weight
43-44 Touch left toe forward. Drop left heel to floor taking weight
45&46 Shuffle right, left, right, making ½ turn left
47-48 Rock back on left, recover onto right

PART B

SYNCOPATED ROCK STEPS WITH ½ TURNS, PADDLE TURNS, ROCK STEP

1&2 Rock step right forward, rock weight onto left, turn ½ right and step right foot forward
3&4 Rock step left forward, rock weight onto right, turn ½ left and step left foot forward
5-6 With arms raised, touch right foot to right side twice while making full turn left (click fingers twice)
7&8 Rock step right forward, rock weight onto left, step right foot beside left

SIDE ROCK-SWITCH-SIDE ROCK, TURN (WITH ARMS), SIDE ROCK

9-10 Rock step left to left (with arms out to side), rock weight onto right foot
& Step right foot beside left (crossing arms over)
11-12 Rock step right foot to right side (with arms out to side). Rock weight onto left foot
13-14 Turn ½ turn left on ball of left foot, hitching right knee and bringing arms above head (crossed over)

Alternative: bring arms above head as before, but turn 1 ½ turn to left instead

15-16 Rock step right foot to right side (arms out to side). Rock weight onto left foot

17-32 Repeat steps 1-16 of Part B

TURN ½ LEFT ON BALL OF LEFT FOOT, HITCHING RIGHT KNEE AND BRINGING ARMS ABOVE HEAD (CROSSED OVER)

Alternative: bring arms above head as before, but turn 1½ turn to left instead

35-36 Rock step right to right side (arms out to side). Rock weight onto left foot

HIP BUMPS, MASHED POTATOES BACK, MASHED POTATOES FORWARD, KICK

37-40 Bump hips to right four times

41-44 Bump hips to left four times

45-47 Mashed potato back leading right, left, right

48& Kick left foot forward, step left foot forward

49-51 Mashed potato forward leading right, left, right

52& Kick left forward, step left to place

PART C

SIDE, HOLD FOR 3, SIDE, HOLD FOR 3

1-4 Step right foot to right side, hold for 3 counts

5-8 Step left foot to left side, hold for 3 counts
