What I Got

COPPER KNOE

拍數: 64

牆數:4

級數: Intermediate hip hop



編舞者: Grant Mayfield (USA) & Chris Whitfield

音樂: Unknown

INTRO

INTRO	
1-2	Point right toe to right side, half monterey
3-4	Point left toe to left side, bring together with weight on left
5-6	Point right toe to right side, half monterey
7-8	Point left toe to left side, bring together with weight on left
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1&2	Step right foot behind left, step left foot to left side, step right foot to forward right diagonal (weight ending on right)
3&4	Step left foot behind right, step right foot to right side, step left foot to forward left diagonal (weight ending on left)
5-6	Step right foot forward, half turn pivot to left (weight ending on left)
7-8	Step right foot forward, half turn pivot to left (weight ending on left)
THE MAIN DANCE	
1&2	Kick right foot forward, step right foot next to left, point left toe to left side
3&4	Kick left foot forward, step left foot next to right, point right toe to right side
5&6	Kick right foot forward, step right foot next to left, point left foot to left side
&7-8	Step left foot next to right, point right toe to right side, hold
1&2	Step right foot behind left, step left foot to left side, step right foot to forward right diagonal (weight ending on right)
3&4	Step left foot behind right, step right foot to right side, step left foot to forward left diagonal (weight ending on left)
5-6	Stomp right foot, hold
7-8	Body roll, weight ending on left foot
1-2	Step right foot forward to right diagonal, step left foot behind right
&3-4	Step right foot forward, step left to left diagonal, step right foot behind left
&5-6	Step left foot forward, step right foot forward, rock back on left foot
7-8	Step right foot to right side making ¼ turn over right shoulder, cross left foot over right
1-2&	Step right foot to right side while sliding left towards right, rock left foot behind right, step forward onto right (weight ending on right)
3-4&	Step forward on left foot, step forward on right, make ½ turn pivot over left shoulder (weight ending on left)
5-6&	Step forward on right foot, rock forward on left foot, step back on right foot
7-8	Step left foot to left side making a $\frac{1}{4}$ turn over left shoulder, cross right foot over left
1-2	Point left toe to left side, cross left foot over right foot
3-4	Point right toe to right side, flick right foot behind body while making 1/4 turn over left shoulder
5&6	Step right foot forward, step left foot behind right foot, step right foot forward
7-8	Rock left foot forward, step back on right foot
1-2	Step left foot back, step right foot back
3&4	Step back on left foot, step right foot next to left, step forward onto left foot
5&6	Point right toe to right side, step right foot next to left, point left toe to left side
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&7&8	Step left foot next to right, point right toe to right side, step right foot next to left, point left toe to left side
1-2	Roll left knee in toward right leg, roll left knee out making ¼ turn over left shoulder
3&4	Tap left heel on the ground 3x while keeping toes on the ground, on the 3rd time shift weight to left foot
5&6	Rock right foot to right side, step left foot in place, cross right over left
7&8	Rock left foot to left side, step right foot in place, cross left foot over right
1-2	Step right foot to right side, make ¼ turn over left shoulder stepping forward on left foot
3-4	Step right foot forward, step left foot forward
5&6	Kick right foot forward, step right foot beside left, step left foot to left side (weight on both feet)
7-8	Body roll (weight ending on left foot)
REPEAT	