

K-Factor!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Bronya Bishorek (MY) & Kobee Ng
音樂: Pop Ya Collar - Usher



1&2 Step left foot to side, hitch right knee, touch right foot to side
Hands: on count 1, push right hand half length up. On &, pull right hand back to shoulder height. On 2, push right hand all the way up
3&4 Step right foot to side, hitch left knee, touch left foot to side
Hands: on count 3, push left hand half way across chest. On &, pull left hand back to shoulder. On 3, push left hand all the way across the chest
5-6 Step left foot diagonally forward, touch right foot next to left
Styling: on counts 5&, do two chest pops
7&8 Step right foot diagonally forward, touch left foot next to right
Styling: on counts 7&, do two chest pops

1 Slide/step left foot diagonally back
2 Slide/step right foot diagonally back
3 Turn ½ right and slide/step left foot diagonally forward
4 Turn ½ right and slide/step right foot to side
5-8 Turn left knee in, hold, hold for 3 counts
Arms: on count 5, throw arms to left at shoulder height & look down. On counts &6, swing arms down & around over your head to the left. On 7, look up while maintaining body position. On counts &8, with arms & knees still in position, shift rib cage right, left

1&2 Hitch left knee, step left foot in place, touch right foot to right
3&4 Scuff right foot forward, hook right foot over left foot, lift & twist right hip forward
5&6 Lunge right to side, hitch left knee and hop right to side twice
7&8 Lunge left to side, hitch right knee, step right together
When dancing to "Get Up" by Ciara, change 5&6 to
5&6 Drag and tap with the left foot

1 Step right foot to side
2& Body roll down
Finish with knees turned in
3 Turn knees forward
4& Body roll up
Finish by popping you collar with both hands
5 Turn ¼ left and step left in place
Dip your head & pretend to hold a hat on your head (facing 9:00)
&6 Swivel both heels out, swivel both heels in
7 Full spin right
Like Michael Jackson
8 Touch left foot to left
Open arms wide with chest facing right diagonal

REPEAT