

# Hypnotic

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4  
編舞者: Francien Sittrop (NL)  
音樂: Hypnotic - Craig David

級數: Improver



## LUNGE RIGHT, RECOVER, BEHIND, SIDE, CROSS, LUNGE LEFT, RECOVER, BEHIND, SIDE, CROSS

- 1-2      Lunge right to right side, recover on left
- 3&4      Step right behind left, step left to side, step right across left
- 5-6      Lunge left to left side, recover on right
- 7&8      Step left behind right, step right to right side, step left across right

**You may sway your arms out when you do the lunges**

## LOCK STEPS FORWARD TWICE, ROCK, RECOVER, 1 ¼ TURN RIGHT

- 1&2      Step right forward, left cross behind right, step right forward
- 3&4      Step left forward, right cross behind left, step left forward
- 5-6      Rock right forward(bend knee a little bit), recover on left
- 7&8      Turn (just a little bit more than) 1 ¼ right with right, left, right (4:00)

**Restart on wall 8**

## CROSS ROCK FORWARD, RECOVER, COASTER STEP, SIDE TOUCH STEPS, KICK BALL STEP

- 1-2      Rock left across right(bend knee a little bit), recover on right(and rondé your left foot around your right ready to do the coaster step)
- 3&4      Step left back, step right next to left, step left forward
- 5&6&      Touch right toe to right side, step right next to left, touch left toe to left side, step left next to right
- 7&8      Right kick forward, step right next to left, left step forward (move forward)

## STEP FORWARD ¼ TURN LEFT TWICE WITH HIP SWAYS, STEP FORWARD, LEFT KICK, BEHIND SIDE, CROSS

- 1-2      Step right forward, make ¼ turn left (with hip sways)(12:00)
- 3-4      Step right forward, make ¼ turn left (with hip sways)(9:00)
- 5-6      Step right forward, left kick diagonal forward
- 7&8      Step left behind right, step right to right side, step left across right

**REPEAT**

## RESTART

**On wall 8 after 16 counts. Dance wall 8 (3:00) until count 14 (rock right forward, recover on left) then dance:**

- 7&8&      Turn 1 ¼ turn right with right, left, right, step left next to right (6:00)

**Adding an extra step on the last & count to let you start again lunging right to right side. Start all over again with count 1**