

Black Belt Boogie

COPPER **KNOB**
BY SHEETS

拍數: 48 牆數: 1 級數: Intermediate
編舞者: Jerry Cope (USA)
音樂: I Left Something Turned On At Home - Trace Adkins



Dance the faster suggested songs "cut time"

Begin with fists in front of waist, palms in

KICK BALL CROSS (FRONT KICK), SIDE KICK, STOMP/CLAP (TO RIGHT THEN LEFT)

- 1&2 Kick right foot forward, step right foot home, step left foot across right foot
- 3 Kick right foot to right side (turning head to look to right)
- 4 Stomp right foot to home and clap (returning head "eyes" to front)
- 5&6 Kick left foot forward, step left foot home, step right foot across left foot
- 7 Kick left foot to left side (turning head to look left)
- 8 Stomp left foot to home and clap (returning head "eyes" to front)

CROSS STEP, CROSS ARMS AT CHEST, UNWIND, KNIFE-HAND STRIKES, REPEAT ABOVE, CLAP HAND AT END

- 9 Step right foot across left foot
- & Cross arms (palms to shoulders) right arm over left arm
- 10 Unwind ½ turn left
- 11 Snap both hands out to sides, palms down (hands level with shoulders)
- 12 Hold
- 13-15 Repeat 9-11 (now facing front again)
- 16 Clap hands in front of body at face level (arms outstretched)

COASTER STEP, STEP, KICK, STEP BACK, SYNCOPATED COASTER STEP, STEP, KICK (CLAP AND KIAI)

- 17&18 Step back on right foot, step left foot beside right, step right foot forward
- 19-20 Step left foot forward, kick right foot forward
- & Step right foot back
- 21&22 Step back on left foot, step right foot beside left foot, step left foot forward
- 23-24 Step right foot forward, kick left foot forward with clap and KIAI

KAIA is the sound made by martial arts artists to focus energy and to tighten the body during impact. The exact sound is irrelevant. The Carolina Karate Assn. uses something like EEEEESSSS. Most and loud grunt will do

RISING BLOCK, OUTSID BLOCK, SMASH, KICK, CROSS STEP, UNWIND

- 25 As left foot plants "home" from kick, snap right hand overhead (palm out)
- 26 Snap left hand to left (palm out, to front) at shoulder level, the head (eyes) should snap to face left at the same time
- 27 Smash the outside edge of the right hand into the left palm (or you could just clap) turning body slightly to left (10:30)
- 28 Hold

Leave the hands together in "prayer" position through step 36

- 29 Kick right foot forward (to 9:00) pivoting on ball of left foot to face left side
- 30 Step right foot across left foot as you pivot on ball of left foot to face back (6:00)
- 31 Unwind to face front
- 32 Hold

Steps 25-32 have made a full turn left)

KICK BALL CHANGE, STEP, HITCH, "HEAD SMASH"

- 33&34 Kick right foot forward, step right foot home, step left foot next to right
35 Step right foot forward while raising joined palms overhead
36 Hitch left knee slapping both palms down onto it (allow hands to separate), KIAI

STEP BACK, COASTER STEP, HITCH, "HEAD SMASH"

- & Step left foot back
37&38 Step right foot back, step left foot beside right foot, step right foot forward
39 Step left foot forward while raising joined palms overhead
40 Hitch right knee slapping both palms down onto it (allow hands to separate), KIAI

Some of the moves, although modified, subdued, and unspecific, are obviously directed at causing injury to an attacker in a self-defense situation. Anyone who finds this distasteful should pursue another dance

CROSS STRIDE, UNWIND/SURVEY, STEP RIGHT FOOT TO RIGHT, BOW

- 41 Long step right over left (will lower body somewhat)
42-44 Slowly unwind a full turn to front on balls of both feet allowing your head/eyes to precede your body as it turns (to see that no one is still a threat). Upon completion, your left leg will be across your right leg
45 Step right foot to right (about 12-15 inches to the right of the left foot)
46 Slide left foot to right foot
47 Bend forward slightly at waist tapping palms to side of thighs (keep head/eyes to front)
48 Slide left foot to left as you straighten up, bringing fists to front of waist with palm in

REPEAT

This dance is a "compromise" to make Karate moves "do-able" to non-martial artists. It could obviously be more stylish by alterations and additions by those who are somewhat familiar with actual Karate moves in their own styles.
