

# Pop, Lock & Drop

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Shaz Walton (UK) - September 2009  
音樂: Fire Burning - Sean Kingston



Count in 48 Counts. Options in italics

**Knee Pop. Hold. Pop. Pop. Heel Drop. Slide. ¼. Touch.**

- 1-2      Pop Right knee forward. Hold
- 3-4      Pop left knee forward. Pop right knee forward. (raise right up onto Ball of foot while popping knee)
- 5-6      Using ball of right foot slide right towards left. Drop heel of right as you raise left leg to side.
- 7-8      Make ¼ right as you bring left up and step it forward. Touch right beside left.

**Side. Together. Side. Together. Side Steps X3. Step. ¼**

- 1-2      Step right to right. Step left beside right.
- 3-4      Step right to right. Touch left beside right

**(End this sequence facing slightly to the diagonal- funk up your arms!! Punch both arms forward - elbows bent on counts 1 & 3)**

- 5&6      Making small steps- Step left to side. Step right beside left. Step left to left.
- &7      Step right beside left. Step left to left
- &8      Start to straighten as you step right beside left. Step left ¼ left (12 o clock) (arch your back- use your initiative with your arms)

**\*\* RESTART here facing the front on 3rd wall\*\***

**Step. Back Slide/ Kick. Touch. ½. ½. Crouch Kick. Step. Kick. Cross. Point.**

- 1-2      Step right beside left as you push left leg back (sliding toe across floor) Touch left toe behind (Left leg straight out behind you)
  - 3-4      Make ½ turn left dropping weight onto left. Make ½ turn left stepping right beside left.
  - 5&6      Bending forward kick left forward. Step left beside right. Kick right forward.
- (Punch towards floor on each kick with arms either side of kicking leg)**
- 7-8      Cross right over left. Touch left to left as you straighten up & pop right shoulder out to side.

**Shoulder Pops L-R-L ¼ Lunge/Drag. Back. Shuffle ½. ¼ Side.**

- 1-2      Pop left shoulder to left. Pop right shoulder to right. (Contract upper body)
- 3-4      Pop left shoulder to left as you make ¼ left lunging forward on left. Drag right up behind.
- 5-6&7      Step back on right. Make a shuffle ½ turn left stepping L-R-L
- 8      Make ¼ left as you step right to right side.

**Angled Dip. Recover. Angled Dip. Recover. Back. Back. Coaster Step.**

- 1-2      Turn body to face left diagonal as you dip back on left. Recover to centre stepping left to left side.
- 3-4      Turn body to face right diagonal as you dip back on right. Recover to centre stepping right beside left.
- 5-6      Walk back left. Walk back right.
- 7&8      Step back left. Step back right. Step forward left.

**Kick. Step. Rock. Recover. Kick. Ball. Step. Back ¼. Hop. Step Pivot ½.**

- 1&2      Kick right forward. Step right beside left. Rock forward left.
- &3&4      Recover on right. Kick left forward. Step left beside right. Step right forward. (Stomp right forward. Angle body to left diagonal)
- 5-6      Step back on left as you hop slightly & hitch right knee. Step right down making ¼ right.
- 7-8      Step forward left. Pivot ½ turn right.

**Side/Bump. Bump. Bump. ¼ Back. Lock. Back. Side. Touch.**

- 1-2 Step left to left as you bump hips left. Bump hips right.
- 3-4 Bump hips left. Bump hips back as you make ¼ left.
- 5-6 Lock left over right. Step right back.
- 7-8 Step left to left. Touch right beside left.

**Kick. Step. Stomp/Press. Kick. Step. Stomp/Press. Back/Hitch. Back/Hitch. Coaster Side.**

- 1&2 Kick right forward. Step right beside left. Stomp/ Press left forward (Upper body angled to right diagonal)

**Keep weight light on left after stomp as you need your left leg next!**

- 3&4 Kick left forward. Step Left beside right. Stomp/ Press Right forward (Upper body angled to left diagonal)
- 5-6 Step back on left as you hitch right slightly. Step back on right as you hitch left slightly.
- 7&8 Step back left. Step back right. Step left to left side.

**RESTART: Wall 3, Dance up to count 16 & restart from the beginning- facing the front**

**07762 410 190 Shaz5678@sky.com**

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