

Be Home Tomorrow

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate - Funky
編舞者: Sebastiaan Holtland (NL) - August 2012
音樂: Na Na Na (feat. J. Randall) - Flo Rida : (iTunes)



32 count intro (17 sec).

Sec 1: [1-8] ¼ pivot L, Hip push L, Recover, L knee Pop inn, Rolling Vine L, Touch.

- 1-2 Step Rf forward, turn ¼ left (9) taking weight on Rf.
- 3-4 Push L hip to left, recover pop L knee inn weight onto Rf.
- 5-6 Turn ¼ left (6) step Lf forward, turn ½ left (12) step Rf back.
- 7-8 Turn ¼ left (9) step Lf to the left, touch Rf next to Lf.

Sec 2: [9-16] Side Jump, Hold, Hip Pushes (side, centre, side, centre), & back, R Heel Swivel Out, & back, L Heel Swivel Out.

- &1-2 Small jump to the right, touch Lf together, Hold. (9)
- &3&4 Holding Rf in touch position push L hip to left, hip to centre, push L hip to left, hip to centre.
- &5&6 Step Lf back, step Rf slightly forward, with R toe on the floor swivel R heel out, heel back to centre.
- &7&8 Step Rf back, step Lf slightly forward, with L toe on the floor swivel L heel out, heel back to centre ending weight onto Lf (9:00)

Sec 3: [17-24] Side, Hold, Together, Side Rock, Recover, Side, Hold, ¼ L, Knee Pop.

- 1-2 Step Rf to the right, Hold.
- &3-4 Step Lf next to Rf, rock Rf to the right, recover on Lf.
- &5-6 Step Rf next to Lf, step Lf to the left, Hold.
- &7-8 Step Rf next to Lf, turn ¼ left (6) step Lf slightly forward lift heels off the floor as you pop both knees forward, drop both heels to the floor take weight onto Rf.

Sec 4: [25-32] L Touch Back, Unwind ½ L, ¼ Pivot L, Jazz Box ¼ R.

- 1-2 Touch Lf back, unwind ½ left (12) taking weight onto Lf.
- 3-4 Step Rf forward, turn ¼ left (9) taking weight onto Lf.
- 5-6 Cross Rf over Lf, turn ¼ right (12) step Lf back.
- 7-8 Step Rf to the right, step Lf forward.

Sec 5: [33-40] Step & Hitch L, Replace & Hitch R, Replace & Hitch L, Replace & Low Flick Back, Step, L Heel Swivel Fwd, Back, ¼ L, Side.

- 1-2 Step Rf slightly forward hitch L knee up, step Lf back in place hitch R knee up. (12:00)
- 3-4 Step Rf back in place hitch L knee up, step Lf back in place flick Rf low back.
- 5&6 Step Rf forward, with L toe on the floor swivel L heel forward, heel back to centre.
- 7-8 Step Rf back, turn ¼ left (9) step Lf to the left.

Sec 6: [41-48] Fwd Rock, Recover, ½ R, Step, Side, Back Rock, Recover, ¼ L, Back, ¼ L, Side.

- 1-2 Rock Rf forward, recover on Lf.
- 3-4 Turn ½ right (3) step Rf slightly forward, step Lf to the left.
- 5-6 Rock Rf back, recover on Lf.
- 7-8 Turn ¼ left (12) step Rf back, turn ¼ left (9) step Lf to the left.

Sec 7: [49-56] ¼ L, Side Jump, Hold, Back & Heel, Hold, ¼ L, Replace & Heel, Hold, Replace, Side Rock, Recover.

- &1-2 Turn ¼ left (6) small jump to the right, touch Lf together, Hold.
- &3-4 Step Lf back, bring R heel forward, Hold.
- &5-6 Turn ¼ left (3) step Rf back in place, bring L heel forward, Hold.

&7-8 Step Lf back in place, rock Rf to the right, recover on Lf.

Sec 8: [57-64] R Dorothy Step Back, L Dorothy Step Back, Back Rock, Recover, ½ L, Back, ¼ L, Side.

1,2& Step Rf diagonal back, lock Lf in front off Rf, step Rf diagonal back.

3,4& Step Lf diagonal back, lock Rf in front off Lf, step Lf diagonal back.

5-6 Rock Rf back, recover on Lf.

7-8 Turn ½ left (9) step Rf back, turn ¼ left (6) step Lf to the left.

Start again and have fun!

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