

People Help The People

COPPER KNOB
STEPSHEETS

拍數: 52 牆數: 1 級數: Phrased Intermediate
編舞者: Raymond Sarlemijn (NL), Roy Hadisubroto (IRE), Darren Bailey (UK), Roy Verdonk (NL) & Pim van Grootel (NL) - April 2013
音樂: People Help the People - Birdy



Intro: Start after 32 counts

Sequence: A, A, B, Tag, A, A, B, Tag, A, B, A, B

Note: Music varies in speed in different sections so counts may slightly adjust for this.

Part A

[1 – 8] Nightclub Basic R, $\frac{1}{4}$ Turn Check, $\frac{3}{4}$ Turn Spiral with Sweep, Cross, $\frac{1}{4}$ Turn Step, $\frac{1}{4}$ Pivot, Sway

- 1 – 2 & Step R to R side (1), Close L behind R (2), Cross R over L (&) 12:00
- 3 – 4 & $\frac{1}{4}$ Turn L and check L forward (3), $\frac{1}{2}$ Turn R and Step R forward (4), Step L forward (&) 3:00
- 5 – 6 & $\frac{3}{4}$ Turn Spiral R and sweep R from front to back (5), Cross R behind L (6), $\frac{1}{4}$ Turn L and Step L forward (&) 3:00
- 7 – 8 & Step R forward (7), $\frac{1}{4}$ Turn L swaying L (8), Sway R (&) 6:00

[9 – 16] $\frac{3}{4}$ Turn Pirouette, Rock, Run x2, Step Kick - Hook into $\frac{3}{8}$ Turn, Run x2, Rock, Walk x2

- 1 – 2 $\frac{3}{4}$ Turn L on L while hitching R knee (1), Rock R forward (2) 9:00
- 3 & a4 Run backwards on L (3), Run backwards on R (&), Step L backwards while kicking R forward (a), $\frac{3}{8}$ Turn R on L while hooking R over L (4) 9:00
- 5 & 6 Run forwards on R (5), Run forwards on L (&), Rock R forward (6) 1:30
- 7 – 8 Step L backwards (7), Step R backwards (8) 1:30

[17 – 24] Step Drag, $\frac{1}{2}$ Turn, Walk x2, $\frac{1}{2}$ Turn Arabesqué, Walk, $\frac{3}{8}$ Turn, Step out, Bodyroll, Walk, $\frac{1}{2}$ Turn, Step out, Shoulder Movement

- 1 – 2 & Step L backwards and drag R towards L (1), $\frac{1}{2}$ Turn R and step R forward (2), Step L forward (&) 7:30
- 3 – 4 & a Step R forward making $\frac{1}{2}$ Turn R on ball of R while L leg is off the floor and stretched out behind (3), Step L backwards (4), $\frac{3}{8}$ Turn R and Step R forward (&), Step L to L side (a) 6:00
- 5 – 6 & Bodyroll backwards (5), Step R backwards (6), $\frac{1}{2}$ Turn L and step L forward (&) 12:00
- 7 – 8 & Step R to R side (7), Pull R shoulder towards L diagonal (8), Recover back to centre (&) 12:00

Arms

- & a 5 R arm across chest, forearm parallel to the floor, as hands are joined push R elbow to R side (&),

L arm across chest, forearm parallel to the floor, as hands are joined push L elbow to L side (a),

Both hands in front of body, pushing away into bodyroll (5)

[25 – 32] Shoulder Movement with Drag, Cross, Step out, Dip with contraction, Recover, Hitch, Step, Cross, $\frac{3}{4}$ Turn L, $\frac{1}{4}$ Turn L close

- 1 – 2 & Transfer weight onto L, pull R shoulder towards L diagonal while dragging R towards L (1), Cross R over L (2), Step L to L side (&) 12:00
- 3 – 4 & Bend both knees while contracting body (3), Recover to standing (4), Hitch R knee (&) 12:00
- 5 – 6 & Step R to R side (5), Cross L over R (6), $\frac{1}{4}$ Turn L stepping R backwards (&) 9:00
- 7 – 8 $\frac{1}{2}$ Turn L stepping L forward (7), $\frac{1}{4}$ Turn L on L while closing R towards L (8) 12:00

****Important When transitioning from Part A to Part B the timing will change due to an extra step.**

- 5 & 6 & 7 Step R to R side (5), Cross L over R (&), $\frac{1}{4}$ Turn L stepping R backwards (6), $\frac{1}{2}$ Turn L stepping L forward (&) $\frac{1}{4}$ Turn L and Step R to R side (7)

PART B

[32 – 40] Arm Movements into $\frac{3}{4}$ Turn, $\frac{1}{4}$ Turn with Sweep, Cross, Side, Hitch, Cross, $\frac{1}{4}$ Turn with Sweep, Jazzbox $\frac{1}{2}$ Turn with Sweep, Jazzbox $\frac{1}{4}$ Turn

- 8 & 1 & 2 Extend L arm in front of body (8), Extend R arm in front of body (&), Swing R arm towards L, hitting L arm away, transfer weight onto R and continue into $\frac{3}{4}$ Turn L on ball R (1), Step L forward (&) $\frac{1}{4}$ Turn L while sweeping R from back to front (2) 12:00
- & 3 – 4 Cross R over L (&), Step L to L side while hitching R knee (3), Cross R behind L (4) 12:00
- 5 – 6 $\frac{1}{4}$ Turn L and Step L forward while sweeping R from back to front (5), Cross R over L (6) $\frac{1}{4}$ Turn R and Step L backwards (&) 12:00
- 7 & 8 & $\frac{1}{4}$ Turn R and Step R forward while sweeping L from back to front (7), Cross L over R (8), $\frac{1}{4}$ Turn L and Step R backwards (&) 12:00

[41 – 48] $\frac{1}{8}$ Turn L, Travelling Pivots, Rock Recover, Side, Cross, Side, Sway L R, Cross, Side

- 1 – 2 & $\frac{1}{8}$ Turn L and Step L forward (1), $\frac{1}{2}$ Turn L and Step R backwards (2), $\frac{1}{2}$ Turn L and Step L forward (&) 10:30
- 3 – 4 Rock R forward (3), Recover on L making $\frac{1}{8}$ Turn R (4) 12:00
- & a 5 – 6 Step R to R side (&), Cross L over R (a), Step R to R side (5), Sway L (6) 12:00
- 7 – 8 & Sway R (7), Cross L over R (8), Step R to R side (&) 12:00

Tag: Walk Around, Cross

- 1 – 2 $\frac{1}{4}$ Turn L and Step L forward (1), $\frac{1}{4}$ Turn L and Step R forward (2) 6:00
- 3 – 4 & $\frac{1}{4}$ Turn L and Step L forward (3), $\frac{1}{4}$ Turn L and Step R to R side (4), Cross L over R (&) 12:00

****Important When transitioning from Part B to Part A, there will be no side step on the & count.**

START AGAIN AND HAVE FUNNNN

DARE TO BE UNIQUE

Last Update – 12 Dec. 2019
