

Off The Chain

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate / Advanced
編舞者: Fred Whitehouse (IRE) - June 2014
音樂: Can't Believe It (feat. Pitbull) - Flo Rida



Sequence as follows

A,B(restart),A,A,A,B,A,A,A,B,(TAG),B,A,A

B pattern shall always face the 6:00 wall

A sequence

Step hitch x3, ¼ turn jazz box

- 1-2 step RF forward, hitch R knee (also scooting LF forward) travel forward to 12.00
- &-3 step RF down, hitch R knee (also scooting LF forward) travel forward to 12.00
- &-4 step RF down, hitch R knee (also scooting LF forward) travel forward to 12.00
- 5-6 step RF across L, step LF to side
- 7-8 ¼ turn R stepping RF to R side, close LF next to R.

hip bumps x2, hip rolls x2

- 1-2 touch RF to R diagonal pushing hip forward, close RF next to L.
- 3-4 touch LF to L diagonal pushing hip forward, close LF next to R
- 5-6 step RF to R as you roll your hips from L to R (add a little hip bop at end of roll)
- 7-8 step LF to L as you roll your hips from R to L (add a little hip bop at the end of roll) facing 3.00

Syncopated weave, touch, ¼ turn, ½ turn, hop hop

- 1-2 step RF to R side, step LF behind R
- &-3 step RF to R side, cross LF over R
- &-4 step RF to R side, touch LF behind R (snap finger as you to look right)
- 5-6 ¼ L stepping LF forward (12.00) ½ turn L stepping RF back (6.00)
- 7-8 ¼ turn L hopping with both feet together (3.00) ¼ turn L hopping with both feet together (12.00)

Pivot turn x2, jazz box ½ turn

- 1-2 step RF forward, pivot ½ turn L (weight on LF) (6.00)
- 3-4 step RF forward, pivot ½ turn L (weight on LF) (12.00)
- 5-6 step RF forward, step LF back diagonal
- 7-8 ½ turn R, stepping RF forward (6.00) close LF next to R

B sequence

Kick and point x2, step rock recover x2

- 1&2 kick RF forward, place RF next to L, point LF to L side
- 3&4 kick LF forward, place LF next R, point RF to R side
- 5&6 cross RF over L, rock LF to L side, recover onto RF
- 7&8 cross LF over R, rock RF to R side, recover onto LF

Chug x4, step rock recover x2

- 1-2 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward)
- 3-4 repeat counts 1-2 this should complete ½ turn

the section above can also be danced with hip wiggles making a rotation

- 5&6 cross RF over L, rock LF to L side, recover onto RF
- 7&8 cross LF over R, rock RF to R side, recover onto LF

***RESTART* during first B section**

Chug x4, step chest pop x2, close chest pop x2

- 1-2 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward)
- 3-4 repeat counts 1-2 this should complete ½ turn
- *the section above can also be danced with hip wiggles making a rotation***
- 5-6 step RF forward ,(angle body to L diagonal) popping chest x2 (feet should be apart)
- 7-8 close LF next , pop chest x2

Chug x4, step chest pop x2, close chest pop x2

- 1-2 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward)
- 3-4 repeat counts 1-2 this should complete ½ turn
- *the section above can also be danced with hip wiggles making a rotation***
- 5-6 step RF forward ,(angle body to L diagonal) popping chest x2 (feet should be apart)
- 7-8 close LF next , pop chest x2

TAG* (Starts facing front wall)*Full turn Left clap, full turn Right clap**

- 1-4 full turn L stepping L,R,L, touch RF next to L, clap
- 5-8 full turn R stepping R,L,R touch LF next to R, clap

Jump out, cross, unwind, body roll x2

- 1-4 jump both feet apart, jump both feet cross (RF over L) unwind ½ Left over 2 counts
- 5-8 body roll to Right over 2 counts, body roll to Left over 2 counts (weight on LF)

Syncopated weave chest pop x2

- 1-2 step RF forward diagonal, step LF behind R
- &-3 step RF forward diagonal, close LF next to R
- &-4 chest pop
- 5-6 step LF forward diagonal, step RF behind L
- &-7 step LF forward diagonal, close RF next to L
- &-8 chest pop

Out, out, slap, jump, shake

- 1-2 step RF out, step LF out
- 3-4 bend forward and slap the floor, recover
- 5-6 jump both feet together, hold
- 7-8 shimmy on the spot

Easier than it looks, hope you all enjoy.

There is also a clean cut version of this track.

Last Update - 5th July 2014
