

Off The Chain

COPPER KNOB
STEPSHEETS

Count: 64 Wall: 2 Level: Phrased Intermediate / Advanced

Choreographer: Fred Whitehouse (June 2014)

Music: I Can't Believe It - Flo Rida (feat. pitbull)

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, 1/4 turn jazz box

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|-----|----------------------------------------------------------------------------------|
| 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 | 1/4 turn R stepping RF to R side, close LF next to R. |

hip bumps x2, hip rolls x2

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|-----|----------------------------------------------------------------------------------------------------------|
| 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, 1/4 turn, 1/2 turn, hop hop

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|-----|------------------------------------------------------------------------------------------------------|
| 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 | 1/4 L stepping LF forward (12.00) 1/2 turn L stepping RF back (6.00) |
| 7-8 | 1/4 turn L hopping with both feet together (3.00) 1/4 turn L hopping with both feet together (12.00) |

Pivot turn x2, jazz box 1/2 turn

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

B sequence

Kick and point x2, step rock recover x2

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|-----|---------------------------------------------------------|
| 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