

Train With The Blues

COPPER KNOB
BY STEPHEN

Compte: 32

Mur: 4

Niveau: Upper Beginner

Chorégraphe: Cheryl Hosking (AUS) - August 2009

Musique: I'm Blue, I'm Lonesome - Marty Stuart : (Album: Tempted)



Start Position: Feet together - with weight on L foot.

Starts on vocals – counts 48 in. Rotation: Clockwise

HEEL STRUT, HEEL STRUT, HEEL STRUT, PADDLE TURN.

- 1,2 R heel strut- step R heel forward, drop weight onto ball of R foot,
- 3,4 L heel strut- step L heel forward, drop weight onto ball of L foot,
- 5,6 R heel strut- step R heel forward, drop weight onto ball of R foot,
- 7,8 Paddle turn – step L forward, pivot 90 degrees R - weight on R, (3:00 wall)

ROCKING CHAIR, FORWARD, TOUCH, SIDE, TOGETHER.

- 1,2,3,4 L rocking chair – step L forward, rock/replace weight back on R, step L back, Rock / replace weight forward on R,
- 5,6 Step L forward, touch R beside L,
- 7,8 Step R to R side, step L beside R,

BACK,CROSS,BACK, TOUCH , SIDE, TOUCH, SIDE, TOUCH.

- 1,2,3,4 Step R back to R45, step L across in front of R, step R back to R45, touch L beside R,
- 5,6 Step L to L side, touch R beside L,
- 7,8 Step R to R side, touch L beside R,

FORWARD, LOCK, FORWARD, TOUCH, VINE R, TOGETHER.

- 1,2,3,4 Step L forward, step/lock R behind L heel, step L forward, touch R beside L,
- 5,6,7,8 Vine R – step R to R side, step L behind R, step R to R side, step L beside R.

[32]

REPEAT DANCE IN NEW DIRECTION

Finish: Dance heel struts to the end of music.

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