

Grace & Grit

COPPER KNOB
BY STEPHENETS

Compte: 32

Mur: 4

Niveau: Beginner / Improver

Chorégraphe: Henrik Gronvold (NOR) - February 2017

Musique: Grace & Grit - Meghan Patrick



Start on Lyrics

Step R frw, twist heels, hitch , coaster step, touch

- 1,2 Step RF forward, with weight on both feet twist both heels forward
- 3,4 Twist heels back to center, push R knee up
- 5,6 Step RF back, step LF beside RF
- 7,8 Step RF forward, touch LF beside RF

Vine L, scuff, vine R, scuff

- 1,2 Step LF to L, step RF behind LF
- 3,4 Step LF to L, scuff RF forward
- 5,6 Step RF to R, step LF behind RF
- 7,8 Step RF to R, scuff LF forward

Step out L, Step out R, Hands on your Hip, Heel bounce with hip roll

- 1,2 Step LF out to L, step RF out to R
- 3,4 Place R hand on R hip, place L hand on L hip
- 5,6,7,8 Bounce your heels up & down while you roll your hips back from R to L side starting to the R
Ending with weight on LF.

Shuffle R with ¼ turn L, Shuffle L, touch

- 1,2 Step RF to R, step LF beside RF
- 3,4 Step RF to R, turn a ¼ to L & touch LF beside RF (9:00)
- 5,6 Step LF to L, step RF beside LF
- 7,8 Step LF to L, touch RF beside LF

Restart dance & enjoy

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