

Really Sweet

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Easy Intermediate
编舞者: Antoinette John (AUS) - August 2014
音乐: Reet Petite - Jackie Wilson : (Album: Doo Wop Greatest Hits - 2:41)



Count In: 16 beats - Weight on left foot. □□ □□

HEEL, TOE, HEEL, TOE, TWIST, TWIST, TWIST, HOLD (12 o'clock)

- 1,2,3,4 Touch R heel forward at 45 deg, touch R toe to the side, touch R heel forward at 45 deg, touch R toe to the side
5,6,7,8 Bend knees and twist heels 1/8 turn right, twist heels back to centre, twist heels 1/8 turn right, hold.

HEEL, TOE, HEEL, TOE, TWIST, TWIST, TWIST, HOLD

- 1,2,3,4 Touch L heel forward at 45 deg, touch L toe to the side, touch L heel forward at 45 deg, touch L toe to the side
5,6,7,8 Bend knees and twist heels 1/8 turn left, twist heels back to centre, twist heels 1/8 turn left, hold.

RIGHT SIDE, BEHIND, SIDE, ACROSS, TOE STRUT, BACK, FORWARD.

- 1,2,3,4 Step R to the side, step L behind R, step R to the side, step L across R
5,6,7,8 Step R to the side, drop R heel down, step back on L, rock fwd onto R.

LEFT SIDE, BEHIND, SIDE, ACROSS, TOE STRUT, BACK, FORWARD.

- 1,2,3,4 Step L to the side, step R behind L, step L to the side, step R across L
5,6,7,8 Step L to the side, drop L heel down, step back on R, rock fwd onto L.

FORWARD, ROCK, 1/2 TURN RIGHT, HOLD, FORWARD, PIVOT 1/2 RIGHT, STEP, HOLD

- 1,2,3,4 Step forward on R, rock back onto L, turn 180 deg right step fwd on R, hold
5,6,7,8 Step forward on L, turn 180 deg right, step fwd on L, hold.

TOE STRUT REGGAE WITH 1/4 TURN RIGHT □□□□(3 o'clock)

- 1,2,3,4 Step R across L, drop R heel down, step back L, drop L heel down
5,6,7,8 Turn 1/4 right on R, drop R heel down, step L together, drop L heel down.

ENDING: Wall 9 (12 o'clock) Dance to beat 40 then Toe Strut Reggae without the turn.

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