

Keep It Going

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Tina Argyle (UK) - April 2015
音乐: Can You Feel It - Ricky Lynn Gregg : (Single - iTunes)



Thanks To Billy Bubba for the track suggestion

Count In : 8 counts - start with the word "hands"

Right Lock Step Left Lock Step. Right Side Rock Cross. Left Side Rock Cross

1&2 Step fwd right, Lock left behind right, Step fwd right
3&4 Step fwd left, Lock right behind left, Step fwd left
5&6 Rock right to right side, Recover weight onto left, Cross right over left
7&8 Rock left to left side, Recover weight onto right, Cross left over right

Right Rumba Box. Right Shuffle Back. Left Coaster Step

1&2 Step right to right side, Close left at side of right, Step right fwd
3&4 Step left to left side, Close right at side of left, Step back left
5&6 Step back right, Close left at side of right, Step back right
7&8 Step back left, Step back right, Step forward left

Side Points. Heel Dig x2. ¼ Monterey Turn Heel Dig x2

1&2& Point right to right side. Step right at side of left. Point left to left side. Step left at side of right.
3&4& Touch right heel fwd, Step right at side of left. Touch left heel fwd, Step left at side of right.
5& Point right to right side. Make ¼ turn right stepping right at side of left. (3 o'clock)
6& Point left to left side. Step left at side of right.
7&8& Touch right heel fwd, Step right at side of left. Touch left heel fwd, Step left at side of right.

Mambo Fwd. Mambo Back. Step ½ Pivot Turn Step. Run Fwd LRL

1&2 Rock fwd right Recover, Step together
3&4 Rock back left, recover, Step together
5&6 Step fwd right, ½ pivot turn left onto left. Step fwd right (9o'clock)
7&8 Run fwd stepping left, right, left

NB Charleston Step Tag end of wall 2 facing 6 o'clock

1 - 2 Touch right toe fwd. Sweep right clockwise step together with right.
3 - 4 Touch left toe back. Sweep left clockwise step together with left.

Enjoy!!

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