

Listen To The Music

COPPER KNOB
BY SHEETS

拍数: 68 墙数: 2 级数: Intermediate
编舞者: Alan Birchall (UK) - April 2015
音乐: Listen to the Music (Motive 7" Edit) - The Doobie Brothers : (CD: Listen To The Music The Very Best Of The Doobie Brothers - Amazon)



Start: On Lyrics - Seconds: 28 - Counts: 16, After Start Of Heavy Beat - BPM: 124

S1: CROSS, SIDE, BEHIND, POINT, CROSS, SIDE, BEHIND, 1/4 TURN

1-2 Cross Right Over Left, Step Left To Left
3-4 Cross Right Behind Left, Point Left To Left
5-6 Cross Left Over Right, Step Right To Right
7-8 Cross Left Behind Right, Step Forward On Right Making 1/4 Turn Right 3:00

S2: ROCK, RECOVER, FULL TRIPLE TURN, ROCK RECOVER, 1¼ TRIPLE TURN

9-10 Rock Forward On Left, Recover On Right
11&12 Full Triple Turn Left Stepping Left, Right, Left Alternative: Left Coaster Step
13-14 Rock Forward On Right, Recover On Left
15&16 1¼ Triple Turn Right Stepping Right, Left, Right Alternative: 1/4 Right Side Shuffle 6:00

S3: CROSS SHUFFLE, ROCK RECOVER, SAILOR STEP, BEHIND, UNWIND

17&18 Cross Left Over Right, Step Right To Right, Cross Left Over Right
19-20 Rock Right To Right, Recover On Left
21&22 Cross Right Behind Left, Step Left By Right, Step Right In Place
23-24 Cross Left Behind Right, Unwind 1/2 Turn Left 12:00

S4: 1/4 HINGE TURN, 1/2 HINGE TURN, KICK BALL CROSS, BIG STEP, TOUCH

25-26 Make 1/4 Turn Left, Point Right To Right, Hold 9:00
27-28 Step On Right & Make 1/2 Turn Left, Point Left To Left, Hold 3:00
29&30 Step On Left & Kick Right Foot Forward, Step Right By Left, Cross Left Over Right
31-32 Take A Big Step To Right, Touch Left By Right

S5: KICK BALL CROSS, BIG STEP, TOUCH, HEEL SWITCHES, DIAGONAL STEP, TOUCH

33&34 Kick Left Foot Forward, Step Left By Right, Cross Right Over Left
35-36 Take A Big Step To Left, Touch Right By Left
37&38 Touch Right Heel Forward, Step Right By Left, Touch Left Heel Forward
&39-40 Step Left By Right, Take A Big Step Forward on Right To Right Diagonal, Touch Left By Right

S6: DIAGONAL STEP TOUCH FORWARD, DIAGONAL STEP TOUCH BACK X2, TOUCH, 1/4 TURN

41-42 Step Diagonally Forward Left, Touch Right By Left
43-44 Step Diagonally Back On Right, Touch Left By Right
45-46 Step Diagonally Back On Left, Touch Right By Left
47-48 Touch Right To Right, Twist Both Heels To Left Making 1/4 Turn Right (transferring weight to right) 6:00

S7: ROCK, RECOVER, FULL TRIPLE TURN, CROSS, SIDE, SAILOR STEP

49-50 Rock Forward On Left, Recover On Right
51&52 Full Triple Turn Left Stepping Left Right Left Alternative: Left Coaster Step 6:00

Restart Here During 2nd Wall - Facing 12:00

53-54 Cross Right Over Left, Step Left To Left
55&56 Cross Right Behind Left, Step Left To Left, Step Right To Right

S8: SYNCOPATED VINE, CROSS ROCK, RECOVER, FULL TURN

- 57&58 Step Left Behind Right, Step Right To Right, Cross Left Over Right
&59&60 Step Right To Right, Cross Left Behind Right, Step Right To Right, Cross Rock Left Over Right
61-62 Recover On Right, Making 1/4 Turn Left Stepping On Left, Make 1/2 Turn Left Stepping Back On Right 9:00
63-64 Make Just Over A 1/4 Turn Left To Face 4:30

S9: ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

- 65-66 Rock Forward On Right, Recover On Left (facing 4:30)
67-68 Rock Back On Right, Recover On Left

START AGAIN

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