

Mayday

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Hayley Wheatley (UK) - May 2015
音乐: Rescue Me - Fontella Bass



Intro:- 32 Counts

GRAPEVINE RIGHT, GRAPEVINE LEFT

1-2 Step right foot to right side, step left foot behind right
3-4 Step right foot to right side, touch left toe next to right foot
5-6 Step left foot to left side, step right foot behind left
7-8 Step left foot to left side, touch right toe next to left foot

STEP, SWEEP, STEP, SWEEP, STEP, SWEEP, STEP HOLD

1-2 Step forward on right foot, sweep left foot out and around to front
3-4 Step forward onto left foot, sweep right foot out and around to front
5-6 Step forward on right foot, sweep left foot out and around to front
7-8 Step forward on left foot, hold

ROCKING CHAIR, PADDLE 1/8 TURN LEFT X2

1 -2 Rock forward on right foot, recover onto left
3-4 Rock back on right foot, recover onto left
5-6 Place ball of R foot forward, pushing off onto L with a 1/8 turn left
7-8 Place ball of R foot forward, pushing off onto L with a 1/8 turn left (9:00)

SYNCOPATED JUMP FORWARD, CLAP, SYNCOPATED JUMP BACK, CLAP, HEEL DROPS

&1-2 Small step forward on right foot, step left foot next to right , clap
&3-4 Small step back on right foot, step left foot next to right , clap
5-6 Touch right toe forward and out, drop right heel (taking weight)
7-8 Touch left toe forward and out, drop left heel (taking weight)

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