

Running Bear Easy

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Claire Denney (CAN) - October 2015
音乐: Running Bear - The Deans Brothers



Intro: 16 counts

A: Step, Kick, Step, Kick, 4 Sways

1 - 2 R. step right, L. kick across R
3 - 4 L. step left, R. kick across L
5 - 8 Step right and sway hips: R, L, R, L

B: Rock, Recover, 1/4 Right, Brush, Rock, Recover, 1/4 Left, Brush

1 - 2 R. rock forward, L. recover
3 - 4 R. step 1/4 right side, L. brush forward (3:00)
5 - 6 L. rock forward, R. recover
7 - 8 L. step 1/4 left side, R. brush forward (12:00)

C: Jazz Box, Step, Clap, Step Clap

1 - 2 R. cross step over L, L. step back
3 - 4 R. step right, L. step beside R
5 - 6 R. step forward, CLAP
7 - 8 L. step forward, CLAP

D: Rocking Chair, 1/2 Pivot Left, Stomp, Stomp

1 - 4 R. fwd rock, L. recover, R. back rock, L. recover
5 - 6 R. step fwd, 1/2 pivot left (weight left)
7 - 8 R. stomp fwd, L. stomp beside R.

Ending: The ending of the song occurs at 12:00 on the last 8 counts.

Replace Section D with: Rocking Chair, Out, Out, Clap, In, In, Clap

1 - 4 Rocking chair
& 5 - 6 R step right, L. step left, Clap
& 7 - 8 R. step home, L. step beside R, Clap

Well Done, you are finished.

Try some arm/hand gestures to match the words of the song.

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