

Heart of Rock & Roll

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Amy Christian (USA) & Jane Boyd (USA) - March 2016
音乐: The Heart of Rock and Roll - Huey Lewis & The News



Sequence: 32 intro, 32, Tag 1, 32, 32, Tag 2, 32, Tag 1, 32, 32, Tag 2, 32, 32, 32, Tag 1, 32... until the end.

KICKBALL CHANGE, KICK, KICK, R COASTER, KICK, KICK,

1&2 R Kickball Change,
3-4 Kick R across L, Kick R to right side,
5&6 R Coaster Step,
7-8 Kick L across R, Kick L to left side,

L COASTER, STEP, PIVOT ½, ¼ JAZZ BOX CROSS,

1&2 L Coaster Step,
3-4 Step fwd on R, Pivot ½ turn left, stepping fwd on L, [6:00]
5-8 ¼ Jazz Box Cross, (Cross R over L, ¼ turn left, stepping L back, Step R to side, Cross L over R)[9:00]

BIG STEP SIDE, DRAG L, L COASTER, TOE STRUT, TOE STRUT,

1-2 Big step to right side on R, Dragging L towards R,
3&4 L Coaster Step,
5-8 R Toe Strut, L Toe Strut, (Shimmy shoulders)

STEP, PIVOT ¼, STEP, PIVOT ¼, ROCKING CHAIR,

1-4 Step fwd on R, Pivot ¼ left on L [6:00], Step fwd on R, Pivot ¼ left on L, [3:00]
5-8 Rocking Chair (Rock fwd on R, Recover back on L, Rock Back on R, Recover on L),

TAG 1 – 2 Counts – AFTER WALL 1, WALL 4 (Done facing 3:00) & AFTER WALL 9 (Done facing 9:00)

1-2 Step R out to right side and BUMP RIGHT(1), BUMP L (Weight ends on L),

TAG 2 – 16 Counts (“HEART BEATS”) AFTER WALL 3 & WALL 6. (Begin tag facing 9:00 wall, both times).

STEP, HOLD, BALL, STEP, SCUFF, STEP, HOLD, BALL, STEP, SCUFF,

1-2 Step R fwd, Hold, [9:00]
&3-4 Step on ball of L - next to R, Step fwd on R, Scuff L heel,
5-6 Step L fwd, Hold,
&7-8 Step on ball of R - next to L, Step fwd on L, Scuff R heel, start turning right, [11:00]

¼ STEP, HOLD, BALL, STEP, SCUFF, STEP, HOLD, BALL, STEP, TOUCH,

1-2 ¼ Turn right, Step fwd on R [12:00], Hold,
&3-4 Step on ball of L - next to R, Step fwd on R, Scuff L heel,
5-6 Step L fwd, Hold,
&7-8 Step on ball of R - next to L, Step fwd on L, TOUCH R next to L [12:00]

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