

Our Hearts

COPPER KNOB
BY STEPHEN T. S.

拍数: 64 墙数: 4 级数: Phrased Low Intermediate
编舞者: Denis LSL (MY) - March 2016
音乐: Wo De Xin, Ni De Xin (我的心你的心) - Teresa Teng (鄧麗君)



Sequence of dance: AAAA/ BB / AAAB / AAA / BB

Intro: 48 counts – start on vocal
(Note – you can start after 16 counts by doing your own intro for 32 counts.)

(A) – 32 COUNTS

AS1 – CROSS/RECOVER/SIDE/HOLD X 2

1-4 Cross R over L, recover onto L, step R to right side, hold
5-8 Cross L over R, recover onto R, step L to left side, hold

AS2 – HIP BUMPS WHILE MOVING FORWARD

1&2 Bump hips right / left / right
3&4 Bump hips left / right / left
5&6 Bump hips right / left / right
7&8 Bump hips left / right / left

AS3 – FORWARD ROCK, TRIPLE HALF TURN RIGHT, PIVOT 1/4 TURN RIGHT, CROSS CHA CHA

1-2 Rock R forward, recover onto L
3&4 Triple 1/2 turn right on RLR
5-6 Step L forward, pivot 1/4 turn right
7&8 Cross cha cha on LRL

AS4 – RIGHT VINE, TOUCH, LEFT ROLLING VINE, TOUCH

1-2 Step R to right side, cross L behind R
3-4 Step R to right side, touch L beside R
5-7 Left rolling vine on LRL
8 Touch R beside L

(B) – 32 COUNTS

BS1 – RIGHT & LEFT TOE STRUTS, ROCKING CHAIR 1/4 TURN RIGHT

1-2 Touch right toes forward, step right heel down
3-4 Touch left toes forward, step left heel down
5-6 Rock R forward, recover onto L
7-8 1/4 turn right rock R back, recover onto L

BS2 – RIGHT & LEFT TOE STRUTS, MONTEREY 1/4 TURN RIGHT

1-2 Touch right toes forward, step right heel down
3-4 Touch left toes forward, step left heel down
5-6 Point R to right side, 1/4 turn right step R beside L
7-8 Point L to left side, step L beside R

BS3 – REPEAT BS1

BS4 – REPEAT BS2

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