

Soundtrack Of Our Lives

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Steve Rutter (UK) & Claire Rutter (UK) - March 2016
音乐: Soundtrack of Our Lives - Tim Redmond : (Album: Soundtrack Of Our Lives)



(32 Count Intro' From Start Of Main Beat – 26 Secs Approx)

Section 1 - Figure Of Eight Pattern.

- 1-3 Step right to right side, cross left behind right, make a quarter turn right stepping forward on right
- 4-5 Step forward on left, pivot a half turn right
- 6-8 Make a quarter turn right stepping left to left side, cross right behind left, step left to left side.

Section 2 - Cross Rock, Chasse Right, Weave.

- 1-2 Cross rock right over left, recover weight onto left.
- 3&4 Step right to right side, close left beside right, step right to right side.
- 5-6 Cross left over right, step right to right side.
- 7-8 Cross left behind right, step right to right side.

Section 3 – Cross Rock, Chasse Left, Weave With ¼ Turn Left.

- 1-2 Cross rock left over right, recover weight onto right.
- 3&4 Step left to left side, close right beside left, step left to left side.
- 5-6 Cross right over left, step left to left side.
- 7-8 Cross right behind left, make a quarter turn left stepping forward on left.

Section 4 – Forward Rock, (Step Back, Kick) x3.

- 1-2 Rock forward on right, recover weight onto left.
- 3-4 Step back on right, low kick left foot forward.
- 5-6 Step back on left, low kick right foot forward.
- 7-8 Step back on right, low kick left foot forward.

Section 5 – Back Rock, Shuffle ½ Turn Right, Back Rock, Walk Forward.

- 1-2 Rock back on left, recover weight onto right.
- 3&4 Make a half turn right stepping on left, right, left.
- 5-6 Rock back on right, recover weight onto left.
- 7-8 Step forward on right, step forward on left.

Section 6 – Modified Monterey ½ Turn Right, Crossing Shuffle, Modified Monterey ½ Turn Right.

- 1-2 Touch right toe to right side, make a half turn right bringing right beside left.
- 3-4 Rock left to left side, recover weight onto right.
- 5&6 Cross left over right, step right to right side, cross left over right.
- 7-8 Touch right toe to right side, make a half turn right bringing right beside left.

Section 7 – Modified Monterey ½ Turn Right Cont', Crossing Shuffle, Toe Struts Making ¾ Turn Left.

- 1-2 Rock left to left side, recover weight on right.
- 3&4 Cross left over right, step right to right side, cross left over right.
- 5-6 Make a quarter turn left touching right toe back, drop right heel.
- 7-8 Make a half turn left touching left toe forward, drop left heel.

Section 8 – Jazz Jump Forward, Clap, Jazz Jump Back, Clap, Hip Bumps.

- &1 Step forward and out on right, step left forward and out on left (Shoulder Width Apart).
- 2 Clap.
- &3 Step back and out on right, step back and out on left (Shoulder Width Apart).

4 Clap.

5-8 Bump hips right, bump hips left, bump hips right, bump hips left.

Begin Again & Enjoy!

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