

All I Know

COPPER **KNOB**
BY STEPHANIE

拍数: 32 墙数: 4 级数: High Improver
编舞者: Roy Verdonk (NL) & Sebastiaan Holtland (NL) - June 2016
音乐: Who You Lovin - Conrad Sewell : (EP: All I Know 2016 - iTunes & other mp3 sites - 3:52)



Introduction: 16 counts, start on approx 08 sec.

Part 1. Kick R Fwd, Replace, Side, Sailor Step R, Cross, 1/4 Turn L, Back, Back, Back Dip, Replace.

1&2 Kick R forward, Step R back in place, Step L to L.
3&4 Step R behind L, Step L to L, Step R to R.
5&6 Step L across R, Making 1/4 turn L (9) step R back, Step L back.
7-8 Step R slightly back and dip your body down, coming up ending with weight onto L.

Part 2. Step, Lock, Step R, 1/4 Turn L, Step, Lock, Step L, 1/2 Pivot Turn L, 1/4 Turn L with Hitch / Hip Bump 2x.

1&2 Step R forward, Lock L behind R, Step R forward.
3&4 Making 1/4 turn L (6) step L forward, Lock R behind L, Step L forward.
5-6 Step R forward, Pivot turn 1/2 L over L (12) take weight onto L.
7-8 Hitch R knee lifting R hip up twice tuning 1/8 L (2X) (7-8) (9:00) weight onto L.

Part 3. Slide, Touch, Knee Pops R, L, R, Side Rock / Recover with 1/4 turn L, Step, Lock, Step R.

1-2 Step R big to R slide on R, Touch L next to R.
3& Step L in place and pop R knee forward, Step R in place and pop L knee forward
4 Step L in place and pop R knee forward.
(NB : Restart here in WALL 9 after 20 counts, after start again (facing 9 o'clock)
5-6 Step R to R, Making 1/4 turn L (6) recover back onto L.
7&8 Step R forward, Lock L behind R, Step R forward.

Part 4. 2x 1/4 Paddle Turn R with Hip Movements, Cross, Side, 1/4 Sailor Turn L

1-4 Step L Forward, make 1/4 turn R (weight ends on R) , Step L Forward, make 1/4 turn R.
(1-4 weight ends on R) (push hips to left when doing paddle turns) (12.00)
5-6 Cross L in front of R, Step R right
7&8 make 1/4 turn left crossing L behind R (9), Step R right, Step L left

(Ending: don't do the last 1/4 turn left with the last Sailor step in the last wall and finish at 12.00 !!)

REPEAT DANCE AND HAVE FUN!!

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