

Simply Be

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Hayley Wheatley (UK) - June 2016
音乐: Be as You Are - Mike Posner : (Album: At Night, Alone)



Music Available from iTunes and Amazon
Count In: 16 counts (start on vocals)

S1: STEP, ROCK & CROSS, SIDE, BEHIND, ¼ TURN, STEP FWD & SWEEP, CROSS, STEP BACK, SWAY, RECOVER, BACK LOCK ¼ TURN

- 1-2&3 Step RF fwd to L diagonal (10:30), Rock Lf to L side, Recover onto RF (straightening to 12:00), Cross Step LF over R □ 12:00
- &4&5 Step RF to R side, Step LF behind R, Make ¼ R stepping fwd onto RF, Step Fwd onto LF while sweeping RF around & fwd □ 3:00
- 6&7& Cross RF over L, Step back onto LF, Rock RF to R side while swaying hips R, Recover weight onto LF □ 3:00
- 8&1 Step back onto RF, Lock LF in front of R, Step RF to R making ¼ turn R □ 6:00

S2: ¼ TURN LEFT, FULL TURN LEFT, TOUCH BALL STEP, ROCK FORWARD, RECOVER, STEP, ROCK FORWARD, RECOVER, STEP

- 2&3 Step fwd onto LF making ¼ turn L, ½ turn L stepping back onto RF, ½ turn L stepping fwd onto LF □ 3:00
- &4& Touch R toe fwd, Step RF beside L, Step fwd onto LF □ 3:00
- 5-6& Rock fwd onto RF, Recover onto LF, Step RF beside L □ 3:00
- 7-8& Rock fwd onto LF, Recover onto RF, Step LF beside R □ 3:00

S3: STEP FWD INTO HITCH ½ TURN, RUNS FWD, ROCK FWD, RECOVER, ROCK SIDE, RECOVER, ROCK BACK, RECOVER, STEP OUT, STEP OUT, TOUCH, KICK FWD

- 1 Step fwd onto RF while lifting L knee into a hitch and making 1/2 turn L □ 9:00
- 2&3 Run Fwd L-R-L □ 9:00
- 4&5& Rock RF fwd, Recover onto LF, Rock RF to R side, Recover onto LF □ 9:00
- 6&7& Rock back onto RF, Recover onto LF, Step RF out to R side, Step LF out to L side □ 9:00
- 8& Touch R toe beside LF, Kick RF fwd □ 9:00

S4: LARGE STEP BACK, SIDE ROCK ¼ TURN, RECOVER, STEP BEHIND, ¼ TURN, STEP FORWARD, PIVOT ½ TURN, LARGE STEP LEFT MAKING ¼ TURN, CLOSE, SWIVEL HEELS RIGHT, LEFT, KICK OUT, STEP BEHIND, STEP SIDE

- 1 Large step back onto RF □ 9:00
- 2&3 Making ¼ turn L Rock LF out to L, Recover onto RF, Step LF behind R □ 6:00
- &4& Step RF fwd making ¼ turn R, Step fwd on LF, Pivot ½ turn R □ 3:00
- 5-6 Make ¼ turn R stepping LF to L side, Close RF beside L □ 6:00
- &7& Swivel heels 1/8 turn R to face 4:30, Swivel heels 1/8 turn L to come back to 6:00, Kick RF out to R Diagonal □ 6:00
- 8& Step RF behind LF, Step LF to L side □ 6:00

Contact: hcwheatley@live.com