

Amen For Women

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Hayley Wheatley (UK) - September 2016
音乐: Amen for Women - Endless Summer : (Album: Endless Summer - iTunes & amazon)



Count In: 16 counts

S1: COASTER-STRUT STEP, KICK BALL CHANGE, STEP PIVOT ¼ TURN

1-2 Step back onto LF, step RF back next to LF □ 12:00
3-4 Touch L toe fwd, drop left heel □ 12:00
5&6 Kick RF fwd, step onto ball of RF, Step onto LF □ 12:00
7-8 Step fwd onto RF, pivot ¼ turn L □ 9:00

S2: SHUFFLE FORWARD, STEP PIVOT ¼ TURN, WEAVE RIGHT

1&2 Step fwd onto RF, Step LF next to RF, Step fwd onto RF □ 9:00
3-4 Step fwd onto LF, Pivot ¼ turn R □ 12:00
5-6 Cross LF over RF, Step RF to R side □ 12:00
7-8 Cross LF behind RF, Step RF to R side □ 12:00

S3: JAZZ BOX WITH TOUCH, STEP RIGHT, TOUCH, STEP LEFT, TOUCH

1-2 Cross LF over RF, Step back onto RF □ 12:00
3-4 Step LF to L side, Touch R toe next to LF □ 12:00
5-6 Step RF to R side, touch L toe beside RF □ 12:00
7-8 Step LF to L side, touch R toe beside LF □ 12:00

S4: SHUFFLE ¼ TURN, STEP PIVOT ½ TURN, FULL TURN, FORWARD ROCK, RECOVER

1&2 Step RF to R side making ¼ turn R, Close LF beside RF, Step fwd onto RF □ 3:00
3-4 Step fwd onto LF, Pivot ½ turn R □ 9:00
5-6 Step back onto LF making ½ turn R, Step Fwd onto RF making ½ turn R
(For an Easy Beginner option substitute this turn for walks forward L,R) □ 9:00
7-8 Rock fwd onto LF, recover onto RF □ 9:00

Start Again!

Contact: 07807 081564 - hcwheatley@live.com