

Dayum Insane

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Pat Esper (USA) - June 2016
音乐: She's Crazy - Moonshine Bandits



[1-8]: Walk, Walk, Triple forward, Step, Hip roll, Step, Hip roll

- 1-2. Step forward on the left foot. Step forward on the right foot.
- 3&4. Step forward on the left foot, Step the right foot next to the left, Step forward on the left foot.
- 5-6. Step forward slightly on the right foot. Roll the hips counter clockwise making and eighth turn to the left.
- 7-8. Step forward slightly on the right foot. Roll the hips counter clockwise making and eighth turn to the left.

[9-16]: Cross, Side, Half turn into a side triple, Cross rock, Recover, Quarter turn triple forward

- 1-2. Step the right foot across the left. Step the left foot to the side.
- 3&4. Turn a half turn to the right and step the right foot to the side, Step the left foot next to the right, Step the right foot to the side.
- 5-6. Rock the left foot across the right. Recover onto the right foot.
- 7&8. Turn a quarter turn to the left and step forward on the left foot, Step the right foot next to the left, Step forward on the left foot.

[17-24]: Step, Half turn, K-step modified

- 1-2. Step forward on the right foot. Pivot a half turn to the left.
- 3-4. Step forward at an angle on the right foot. Touch the left foot next to the right.
- 5-6. Step back at an angle on the left foot. Touch the right foot next to the left.
- 7-8. Step back at an angle on the right foot. Touch the left foot next to the right.

[25-32]: Heel, Touch, Hip shimmy, Heel, Touch, Hip shimmy

- 1-2. Touch the left heel forward. Touch the left foot next to the right.
- 3&4. Step the left foot to the side while bumping the hips to the left, Bump the hips to the right, Bump the hips to the left.
- 5-6. Touch the right heel forward. Touch the right foot next to the left.
- 7&8. Step the right foot to the side bumping the hips to the right, Bump the hips to the left, Bump the hips to the right.

Start again - No Tag/Restarts

Teaching and Demo videos coming soon.

Check out our website for other dances at: <http://ptesper.wix.com/redneckrevolution>

Contact: ptesper@gmail.com On Facebook at: The Redneck Revolution (of music and dance with Pat Esper)