

Mind Over Matter

COPPER **KNOB**
BY STEPHEN

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Cindi Talbot (CAN) - January 2017
音乐: Intuition - Jewel



Alt. music:-

Get Busy by Sean Paul

Jumpin' by Liberty

Nasty by Janet Jackson

Soldier Of Love by Donny Osmond

(S 1) 1-8, KICK BALL CROSS, KICK BALL POINT, KICK BALL POINT, SAILOR 1/4 TURN

1&2 Kick RF fwd (1), step RF in place (&), cross LF over RF (2)
3&4 Kick RF fwd (3), step RF in place (&), point LF to left side (4)
5&6 Kick LF fwd (5), step LF in place (&), point RF to right side (6)
7&8 Step RF back to 1/4 turn R (7), step LF to L (&), step RF next to L (8)

(S 2) 9-16, SHUFFLE FWD HITCH 1/2, SHUFFLE FWD, ROCK FWD, RECOVER, ROCK BACK, RECOVER, STEP PIVOT STEP

1&2& Step LF fwd (1), step RF next to LF (&), step LF fwd (2), hitch R Knee to 1/2 turn R (&)
3&4 Step RF fwd (3), step LF next to RF (&), step RF fwd (4)
5&6& Step LF fwd (5), recover on RF (&), step LF back (6), recover on RF (&)
7&8 Step LF fwd (7), pivot RF 1/2 turn R and step on LF (&), step LF fwd (8)

(S 3) 17-24, STEP BEHIND & CROSS SHUFFLE, ROCK RECOVER, PADDLE 1/2 TURN L

1,2& Step RF to R (1), step LF behind RF (2), step RF to R (&)
3&4 Cross LF over RF (3), step RF to R (&), cross LF over RF (4)
5,6 Rock RF to R (5), Recover on LF (6)
7&8& Touch RF to R (7), hitch R knee & pivot 1/4 turn L (&), touch RF to R (8), hitch R knee & pivot 1/4 turn R (&)

(S 4) 25-32, WALK WALK TWIST FWD AND BACK, STEP HITCH, COASTER STEP

1&2& Step RF fwd with a twist (1), twist feet out (&), step LF fwd with a twist (2), twist feet out (&)
3&4& Touch RF fwd (3), twist feet out (&), touch RF back (4), twist feet out (&)
5,6 Step RF fwd (5), hitch L knee and pivot 1/2 turn right (6)
7&8 Step LF back (7), step RF next to LF (&), step LF fwd (8)

(S 5) 33-40, TOUCH HITCH CROSS, SHOULDER SHRUG (2X), TOUCH BACK, UNWIND 1/2 TURN

1&2 Touch RF to R (1), hitch R Knee (&), cross RF over LF (3)
3&4 Step LF fwd, lean body L, pushing L shoulder down (3), up (&), down (4)
5&6 Lean body R, pushing shoulder down (5), up (&), down (6)
7,8 Touch RF behind LF (7), unwind to 1/2 turn left keeping weight on LF (8)

(S 6) 41-48, SIDE SHUFFLE 1/4 TURN LEFT, (4X) FORMING A BOX

1&2 To 1/4 turn L, step RF to R (1), step LF next to RF (&), step RF to R (2)
3&4 To 1/4 turn L, step LF to L (3), step RF next to LF (&), step LF to L (4)
5&6 To 1/4 turn L, step RF to R (5), step LF next to RF (&), step RF to R (6)
7&8 To 1/4 turn L, step LF to L (7), step RF next to LF (&), step LF to L (8)

START OVER

IF DANCED TO INTUITION BY JEWEL, THERE IS ONE RESTART:

On wall 5 facing 12 o'clock, dance up to count 16 of section 2 facing 3 o'clock and Restart!!

Enjoy

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