

Groovitus

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ross Brown (ENG) - July 2018
音乐: Groovitus - Sheridan



Music Download From : Ricall – www.ricall.com/search/express (0.80 GBP / 1.00 USD)

Intro : 16 Counts (Approx. 8 Seconds)

TAG : At the End of Wall 4, repeat the LAST Section of the Dance.

WALK FORWARD. RAISED HIP BUMP ¼ TURN L. STEP ¼ TURN L, BACK ½ TURN L. OUT, OUT, IN, CROSS.

- 1 – 2 Walk forward; R, L.
- 3 & 4 Make a ¼ turn L bumping R hip in air, bump L hip, step R to R bumping R hip.
- 5 – 6 Make a ¼ turn L stepping L forward, make a ½ turn L stepping R back.
- & 7 & 8 Step L to L, step R to R, step L next to R, cross step R over L. (12 O'CLOCK)

SIDE ROCK. BEHIND, STEP ¼ TURN R, ROCK FORWARD. WALK BACK with TOE FANS. COASTER CROSS.

- 1 – 2 Rock L to L, recover onto R.
- 3 & 4 Cross step L behind R, make a ¼ turn R stepping R forward, rock L forward.
- 5 – 6 – 7 Walk R back fan L toes out, walk L back fan R toes out, walk R back fan L toes out.
- 8 & 1 Step L back , step R next to L, cross step L over R. (3 O'CLOCK)

BACK ¼ TURN L, SIDE ¼ TURN L. CROSS ROCK. ROLLING VINE FULL TURN R. CROSS ROCK.

- 2 – 3 Make a ¼ turn L stepping R back, make a ¼ turn L stepping L to L.
- 4 & 5 Cross rock R over L, recover onto L, make a ¼ turn R stepping R forward.
- 6 – 7 Make a ½ turn R stepping L back, make a ¼ turn R stepping R to R.
- 8 & Cross rock L over R, recover onto R. (9 O'CLOCK)

BIG SIDE, DRAG. BALL, CROSS, SIDE. SAILOR ¼ TURN L. TWO TOUCH TURNS ¼ TURN L.

- 1 – 2 Step L big step to L, drag R up to L.
- & 3 – 4 Step R next to L, cross step L over R, step R to R.
- 5 & 6 Make a ¼ turn L stepping L behind R, R next to L, L forward.
- 7 – 8 Make a ¼ turn L touching R to R, make a ¼ turn L touching R to R. (12 O'CLOCK)

(¼ TURN L) SIDE SWITCHES. SIDE, DRAG. SIDE SWITCHES. SIDE, DRAG.

- 1 & 2 & Make a ¼ turn L touching R to R, step R next to L, touch L to L, step L next to R.
- 3 – 4 Step R to R, drag L up to R.
- 5 & 6 & Touch L to L, step L next to R, touch R to R, step R next to L.
- 7 – 8 Step L to L, drag R up to L. (Weight ends on R) (9 O'CLOCK)

STEP, HEEL BOUNCE. BACK, SWIVET. WALK BACK. SHOULDER ROLL.

- 1 & 2 Step L forward, raise both heels, drop both heels.
- 3 & 4 Step L back, twist L toe to L and R heel to R, twist back.
- 5 – 6 – 7 – 8 Walk back; R, L, roll L shoulder back, recover onto R. (9 O'CLOCK)

HIP BUMPS ½ TURN R. X2. ROCK FORWARD. HIP BUMPS ½ TURN L.

- 1 & 2 Step L forward and make a ½ turn R bumping hips; L, R, L.
- 3 & 4 Step R back and make a ½ turn R bumping hips; R, L, R.
- 5 – 6 Rock L forward, recover onto R.
- 7 & 8 Step L back and make a ½ turn L bumping hips; L, R, L. (3 O'CLOCK)

WALK FORWARD. ROCK FORWARD. WALK BACK. ROCK BACK.

1 – 2 – 3 – 4 & Walk forward; R, L, R, rock L forward, recover onto R.

5 – 6 – 7 – 8 & Walk back; L, R, L, rock R back, recover onto L. (3 O'CLOCK)

END OF DANCE!

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