

My Centerfold

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Cathy Dacumos (USA) & Claudio Dacumos (USA) - October 2018
音乐: Centerfold - The J. Geils Band : (Album: Classic Rock)



Intro: 32 counts Starts with weight on left foot

Section 1: Touch forward, touch side, coaster step x 2

1-2 Touch right toe forward, touch right toe to right side (12:00)
3&4 Step back on right foot, step left foot next to right, step right forward
5-6 Touch left toe forward, touch left toe to left side
7&8 Step back on left foot, step right next to left, step left forward

(Restart + Tag here on wall 11)

Section 2: Forward rock, recover, shuffle ½ turn right, forward rock, recover, shuffle ½ turn left

1-2 Rock forward onto right foot, recover back onto left foot
3&4 Make a ½ turn right stepping right, left, right (6:00)
5-6 Rock forward on left foot, recover back onto right foot
7&8 Make a ½ turn left stepping left, right, left (12:00)

(Restart here on walls 2, 5, and 9)

Section 3: Step forward, ¼ pivot left, crossing shuffle, side rock, recover, behind, side, cross

1-2 Step forward on right foot, turn ¼ left changing weight to left foot (9:00)
3&4 Step right foot across in front of left, step left to left side, step right across in front of left
5-6 Rock onto left foot to left side, recover onto right foot
7&8 Step left foot behind right, step right to right side, step left across in front of right

Section 4: Side rock, recover, sailor ¼ turn right, step forward. left, pivot ¼ right, shuffle forward

1-2 Rock onto right foot to right side, recover onto left foot
3&4 Make a ¼ turn right stepping right foot behind left, step left to left side, step right to right side(12:00)
5-6 Step forward on left foot, turn ¼ right changing weight to right foot (3:00)
7&8 Step left foot forward, step right next to left, step left forward

Restarts: Restart after 16 counts on wall 2 (facing 3 o'clock), on wall 5 (facing 9 o'clock) and on wall 9 (facing 6 o'clock). The music will sound very different on these walls, so it will help in knowing when the Restarts are coming.

Restart + Tag: On wall 11, facing the 9 o'clock wall, after the first 8 counts, the music will stop. You will think the song is over. Do the first 8 counts, then just hold ("freeze") until after you hear the singer say 1-2-3-4, then Restart the dance from the beginning as the beat kicks in again.

Contact: (cch3@att.net)