

Reggae Ribbons

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Ann Wood (UK) - July 2019
音乐: Help Me Make It Through the Night - John Holt : (CD: Reggae At It's Best)



Music available From Amazon 16 Count Intro

SECTION 1: SIDE ROCK CROSS AND CROSS AND CROSS WITH ¼ LEFT TURN, LEFT MAMBO RIGHT COASTER HEEL

- 1 & 2 Rock Right To Side, Recover On Left Cross Step Right Over Left
- & 3 & 4 Step Left To Left Side, Cross Right Over Left, Make A ¼ Turn Left Stepping Left Forward, Step Right Beside Left (9 O'clock)
- 5 & 6 Rock Left Forward, Recover Onto Right, Step Left Back
- 7 & 8 Step Right Back, Close Left To Right, Extend Right Heel Forward

SECTION 2: AND WALK, WALK, MAMBO HALF TURN LEFT, STEP 14 TURN LEFT, CROSS SHUFFLE

- & 1 – 2 Step Right Foot Down, Walk Forward Left, Walk Forward Right,
- 3 & 4 Rock Forward On Left, Recover On Right, Make ½ Turn Left Stepping Left Forward (3 O'clock)
- 5 - 6 Step Forward Right Make ¼ Turn Left (12 O'clock)
- 7 & 8 Cross Right Over Left, Step Left To Left Side, Cross Right Over Left

SECTION 3: LEFT CHASSE, BACK ROCK SIDE EXTENDED WEAVE TO RIGHT WITH ¼ TURN RIGHT

- 1 & 2 Step Left To Left Side, Close Right To Left, Step Left To Left Side
- 3 & 4 Rock Right Behind Left, Recover On To Left Step Right To Right Side
- 5 & 6 Step Left Behind Right, Step Right To Right Side, Cross Step Left Over Right
- & 7 & 8 Step Right To Right Side, Step Left Behind Right, Step Right 1/4 Right, Step Left Forward (3 O'clock)

SECTION 4: RIGHT AND LEFT HEEL JACKS, FORWARD RIGHT MAMBO, ¾ TURNING SHUFFLE TO LEFT

- 1 & 2 Cross Right Over Left, Step Left Back, Extend Right Heel Forward
- & 3 & 4 Step Right Down, Cross Left Over Right, Step Right Back. Extend Left Heel Forward
- & 5 & 6 Step Left Down, Rock Right Forward, Recover Onto Left, Step Right Back
- 7 & 8 Make ¾ Turn Left Stepping Left, Right, Left (6 O'clock)