

Oh, Best Of All

COPPER KNOB
BY STEPHEN BATES

拍数: 48
编舞者: Noreen Wall (UK) - February 2021
音乐: Pencil Full of Lead - Paolo Nutini

级数: High Beginner



Start after count 4, when singer counts 1,1,2,3,4

SECTION 1) Right foot kick forward twice, step back on Right, left coaster step, repeat (body facing slight right so kicking slightly across body)

1& ,2, 3&4. (1&) kick right foot forward twice (2) step back on right foot. (3) step back on left foot (&) step right foot next to left (4) step forward left foot.

5&,6,7&8 (5&) kick right foot forward twice (6) step back on right foot (7) step left foot back (&) step right foot next to left (8) step forward on left foot.

SECTION 2) (on right diagonal) right lock step, (on left diagonal) left lock step. Jaz box ¼ turn right (to 3 o' clock.)

1&2, 3&4 (1) (on right diagonal) step forward right foot (&) lock left foot behind right foot (2) step forward right foot (on left diagonal) (3) step forward left foot (&) lock right foot behind left foot (4) step forward left foot.

5,6,7,8 (5) cross right foot over left foot (6) step back on left foot (7) make a ¼ turn right (3 O' clock) step to side on right foot (8) replace weight on left foot next to right.

Section 3. (Traveling to the right side) step right, left together, step right, left together, step right, touch left beside right. (Traveling left) step left, right together, step left, right together, step left, touch right bedside left.

1,2, 3&4&) (1) step right foot to right side (2) step left foot beside right foot. (3) step right foot to right side (&) step left foot beside right (4) step right to right side (&) touch left foot beside right foot.

5,6, 7&8&) (5) step left to left side (6) step right foot beside left (7) step left to left side (&) step right beside left (8) step left to left side (&) touch right toe next to left. (for styling on this section, you can swivel heels out in out in out, jazz hands anything you feel you want to do to music)

Section 4) right rock forward recover, 2 ½ shuffle turns over right shoulder facing back to 12 O'clock. (full turn). Right back coaster step.

1,2, 3&4 (1) rock forward on to right foot (2) replace weight back on left foot. (3&4) Making a half turn shuffle over you right shoulder to 6 O'clock stepping right left right.

5&6, 7& 8) (5&6) make a shuffle half turn right back to face 12 O clock stepping left , right, left (7&8) back right coaster step, step right foot back (&) step left next to right (8) step right foot forward.

Section 5) left rumba box forward, walk (or skate back) back, left, right, back left coaster step.

1&2 3& 4) (1) step left foot to left side (&) step right foot next to left (2) step forward left foot (3) step right foot out to right side (&) step left foot beside right foot (4) step back on right foot.

5,6 7& 8) (5) step back on left foot (6) step back on right foot. (7&8) step back on left foot (&) step right foot next to left (8) step left foot forward.

Section 6) right rock cross, left rock cross, walk and run forward right, left, right, left, right, left. (here you can do duck walks, swivels or dips or any styling to make it fun.)

1&2 3& 4) (1) rock right foot to right side (&) recover weight on left foot (2) cross right foot in front of left (keeping weight on right foot) (3) rock left foot out to left side (&) recover weight on right foot (4) cross left over right foot keeping weight on left foot.

5,6 7&8& 8) (5) walk forward on right foot (6) walk forward on left foot (7&8&) run forward (7) right, (&) left (8) right (&) left.

This is a fun up beat dance with a Charleston feel you can add any styling you wish enjoy and have fun!!

