

I Got This

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Heather McPhee (AUS) - September 2021
音乐: I Got This - The McClymonts



Dance starts after 16 counts, weight on the left foot.

[1-8] R SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, L SIDE ROCK, ¼ RECOVER, ½ SHUFFLE

1, 2 Rock R to R, Recover weight L
3 & 4 Step R behind L, Step L to L Side, Step R across L
5, 6 Rock L to L side, ¼ turn L recovering weight R (9.00)
7 & 8 ½ L step L fwd, step R together, step L fwd (3.00)

[9-16] FWD, LOCK, SHUFFLE FORWARD, L FWD, TAP BEHIND, HEEL JACK, BALL FORWARD

1, 2 Step R forward, Lock L behind R
3 & 4 Step R forward, Lock L behind R, Step R forward
5, 6 Step L forward, Tap R toe behind L &
7 & 8 Step R back taking weight R, place L heel forward, step L together, Step R forward (3.00)

[17-24] L ROCK FWD, RECOVER, LOCK SHUFFLE BACK, ½ FORWARD, ¼ SIDE, BEHIND, SIDE

1, 2 Step L forward, Recover weight R
3 & 4 Step L back, Lock R across L, Step L back
5, 6 ½ R step R fwd, ¼ R step L to L (12.00)
7, 8 Step R behind L, Step L to L

[25-32] CROSS SAMBA, L SAILOR, R SAILOR, CROSS, POINT

1 & 2 Step R across L, Step L to L, Step R in place (Samba Step)
3 & 4 Step L behind R, Step R to R, Step L in place (Sailor Step)
5 & 6 Step R behind L, Step L to L, Step R in place (Sailor Step)
7, 8 Step L across R, Point R to R

[33-40] CROSS ROCK, RECOVER, FULL SIDE ROLL, SIDE SHUFFLE, ROCK BACK, RECOVER

1, 2 Rock R across L, Recover weight L
3, 4 ¼ R step R fwd, ½ R step L back
5 & 6 ¼ R step R to R (completing 360 rolling R turn), Step L together, Step R to R (12.00)
7, 8 Rock back L, Recover weight R

[41-48] FULL SIDE ROLL L, SIDE SHUFFLE, JAZZ BOX CROSS*

1, 2 ¼ L step L fwd, ½ L step R back
3 & 4 ¼ L step L to L (completing 360 rolling L turn), Step R together, Step L to L (12.00)
5, 6 Cross R over L, Step L back
7, 8 * Step R to R side, Cross L over R*

[49-56] SIDE, TOUCH L TOGETHER, KICK BALL CHANGE, SIDE, TOUCH R TOGETHER, KICK BALL CHANGE

1, 2 Step R to R side, Tap L together
3 & 4 Kick L forward, Step on Ball of L together, Step R beside L
5, 6 Step L to L side, Tap R beside L
7 & 8 Kick R forward, Step on ball of R together, Step L beside R

[57-64] ROCKING CHAIR, ½ PIVOT, STEP FORWARD, STEP TOGETHER

1, 2 Rock R forward, Recover weight L
3, 4 Rock R back, Recover weight L

5, 6 Step R forward, ½ turn L taking weight L
7, 8 Step R forward, Step L beside R (6.00) 64 Counts

RESTART: Wall 2*: Dance to Count 48*, restart on back wall (6.00)

ENDING: Wall 6; Dance to Count 32 replacing the R point on Count 32 with a Step R to R Side.(12.00)

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