

Invisible Heart

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Improver
编舞者: Tina Argyle (UK) - March 2022
音乐: Drown - Nadine Somers



Count In : 24 counts from start of track approx 11 seconds in

Step Fwd. Hitch, Step Back Hook

1,2,3 Step forward L, hitch R over 2 counts
4,5,6 Step back R, hook L over R over 2 counts

Step Fwd. Sweep ¼ Turn, Cross, Side, Behind

1,2,3 Step forward left, Sweep R anti-clockwise making ¼ turn left onto left (9 o'clock)
4,5,6 Cross right over left, step left to left side, cross right behind left

Sway Left Sway Right (use arms with sways if you wish)

1,2,3 Step L to left side taking weight swaying body to the left
4,5,6 Transfer weight onto R swaying body to the right

Left. 1¼ Rolling Turn R

1,2,3 Transfer weight onto L swaying body to the left
4,5,6 Make ¼ turn right stepping fwd R, Make ½ turn right stepping back L, Make ½ turn right stepping fwd R

(Alternative move to 1¼ turn – make the first ¼ turn onto R then run fwd L R) (12 o'clock)

*** Re Start here during WALL 6 facing 9 o'clock ***

Step Sweep Jazz Box

1,2,3 Step fwd L Sweep R
4,5,6 Cross right over left, step left to left side, rock weight onto right

Step Sweep Jazz Box ¼ Turn

1,2,3 Step fwd L Sweep R
4,5,6 Cross right over left, make ¼ turn right stepping back L, step R to right side (3 o'clock)

Slow Prissy Walks Forward with Sweeps (for added attitude drag the trailing foot into the sweep)

1,2,3 Step fwd L slightly over R Sweep R over 2 counts
4,5,6 Step fwd R slightly over L Sweep L over 2 counts

Walk Forward with Sweep Rock ½ Turn

1,2,3 Step fwd L slightly over R Sweep R over 2 counts
4,5,6 Rock forward R recover onto L make ½ turn right stepping forward R (9 o'clock)

I can't thank Nadine enough for trusting me with this track and asking me to write to it