

Ana Bansa Nafsy

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Nung Kurniasih (INA) - August 2022
音乐: Ana Bansa Nafsy - Ramy Sabry



Sequence: A-A-A-A-B-B-A-A-A-A-A-A-A-A
NO TAG - NO RESTART

PART A (32 COUNT)

SECTION 1. LEFT & RIGHT (CROSS - SIDE - CROSS - TOE TOUCH) (12.00)

1-2-3-4 Cross R over L - Step L to side - Cross R over L - Touch L toe to side
5-6-7-8 Cross L over R - Step R to side - Cross L over R - Touch R toe to side

SECTION 2. 2X (CROSS & TOE TOUCH) - FORWARD MAMBO - HOLD (12.00)

1-2-3-4 Cross R over L - Touch L toe to side - Cross L over R - Touch R toe to side
5-6-7-8 Step rock R forward - Recover on L - Step R backward - Hold

SECTION 3. BACK ROCK - FORWARD - HOLD - FORWARD LOCK STEP - HOLD (12.00)

1-2-3-4 Step rock L backward - Recover on R - Step L forward - Hold
5-6-7-8 Step R forward - Step L behind R - Step R forward - Hold

Optional: Count (5-8) can also be done as camel walk & hold

SECTION 4. FORWARD LOCK STEP - HOLD - MONTEREY 1/4 TURN (03.00)

1-2-3-4 Step L forward - Step R behind L - Step L forward - Hold

Optional: Count (1-4) can also be done as camel walk & hold

5-6-7-8 Touch R toe to side - Make 1/4 turn right, step R beside L (3.00) - Touch L toe to side - Step L beside R

PART B (32 COUNT)

(only two times, Walls 5 & 6, both facing the front wall)

SECTION 1. TRAVELLING VOLTA - HITCH

1-2-3-4 Cross R over L - Step L slightly to side - Cross R over L - Step L slightly to side
5-6-7-8 Cross R over L - Step L slightly to side - Cross R over L - Hitch L

SECTION 2. TRAVELLING VOLTA - TOE TOUCH

1-2-3-4 Cross L over R - Step R slightly to side - Cross L over R - Step R slightly to side
5-6-7-8 Cross L over R - Step R slightly to side - Cross L over R - Touch R toe beside L

SECTION 3. RUMBA BOX

1-2-3-4 Step R to side - Step L beside R - Step R forward - Hold
5-6-7-8 Step L to side - Step R beside L - Step L backward - Hold

SECTION 4. RIGHT & LEFT (SIDE ROCK - TOGETHER - HOLD)

1-2-3-4 Step rock R to side - Recover on L - Step R beside L - Hold

(Swaying upper body to the right)

5-6-7-8 Step rock L to side - Recover on R - Step L beside R - Hold

(Swaying upper body to the left)

REPEAT

ENDING:

The dance will finish on wall 16 after 4 counts, for nice ending please do Section 1 until count 3 only, (Part A) then turn 1/4 left to face the front wall, stepping L forward ..

1-2-3-4 Cross R over L - Step L to side - Cross R over L - Turn 1/4 left and pause (12.00)

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