

After The Night Before

COPPER KNOB
BY STEPHEN METZ

拍数: 16 墙数: 4 级数: Absolute Beginner / Beginner
编舞者: Noreen Wall (UK) - November 2022
音乐: The Morning After - Nathan Carter



START ON LYRICS 23 SECONDS.

SECTION ONE

STEP TOUCH, STEP TOUCH, SIDE TOGETHER, STEP, TOUCH

1&2& step right to right side, touch left toe beside right foot, step left to left side, touch right toe beside left foot,

3&4& step right to right side, step left foot beside right foot, step right to right side, touch left toe beside right foot.

WALK, WALK, RUN, RUN, RUN TO 3 O' CLOCK WALL

5-6 walk left, right, making ¼ turn left to 9 o' clock wall.

7&8 run around left. left, right, left to face 3 o' clock wall.

SECTION 2

RIGHT DIAGONAL RIGHT LOCK STEP LEFT DIAGONAL LEFT LOCK STEP. RIGHT HITCH BACK, LEFT HITCH BACK. STOMP RIGHT, LEFT, RIGHT.

1&2 3&4 on right diagonal, step forward right foot, cross left foot behind right foot, step forward right foot keep weight on right foot.

On left diagonal, step forward left foot, cross right foot behind left foot step forward on left foot, keep weight on left foot.

5& 6& traveling backwards hitch right knee, step back on right foot, hitch left knee, step back on left foot.

7&8 stomp right, left, right.

Last Update - 10 Nov. 2022