

In My Book

COPPER KNOB
BY SHEETS

拍数: 36 墙数: 0 级数: Beginner
编舞者: Noreen Wall (UK) - July 2023
音乐: In My Book - Shenandoah



START ON 16 COUNTS , START OF LYRICS

SECTION ONE - RIGHT WEAVE ,ROCK CROSS FRONT. LEFT GRAPEVINE ¼ LEFT TURN,RIGHT ROCKING CHAIR.

- 1&2& step right foot to right side, step left foot behind right foot, step right to right side. Cross left foot over right foot.
- 3&4& rock right foot to right side, recover weight on left foot, cross right foot over left foot, hold for & count.
- 5&6, step left to left side, step right foot behind left foot, step left foot to left making ¼ turn left to 9 o'clock wall,
- 7&8& rock forward on right foot recover weight on left foot , rock back on right foot, recover weight on left foot.

SECTION 2 - R HEEL STRUT, L HEEL STRUT, ROCK FORWARD AND BACK RIGHT FOOT , LEFT TURNING JAZZ BOX

- 1,2 3&4 right heel strut, left heel strut , rock forward right foot, recover weight left foot, rock back right foot ,
- 5,6 7,8 cross left foot over right foot, step back on right foot, make ¼ turn left on to left foot, step right foot next to left foot. Facing 6 o' clock wall

SECTION 3 - RIGHT TOE FANS, LEFT TOE FANS.

- 1,2 ,3,4 keeping weight on right heel , turn your right toes out to right side then back to centre ,turn right toes out to right side, then back to centre.
- 5 ,6, 7,8 keeping weight on left heel, turn left toes out to left side then back to centre, turn left toes out to left side then back to centre ,replace weight on left foot.

SECTION 4 - RIGHT ROCKING CHAIR, RIGHT SHUFFLE FORWARD, LEFT ROCKING CHAIR , LEFT SHUFFLE FORWARD.

- 1&2& 3&4 rock forward on right foot, recover weight on left foot, rock back on right foot ,recover weight on left foot. Step forward right foot, left behind right, forward right foot.
- 5&6& 7&8 rock forward on left foot, recover weight on right foot, rock back on left foot, recover on right foot, step forward left foot right behind, step forward left foot.

SECTION 5 - PIVOT HALF TURN, PIVOT QUATER TURN.

- 1,2,3,4 step forward right foot pivot half turn left recover weight on left foot , facing 12 o' clock , step forward right foot , pivot a quarter turn left to face 9 o'clock, recover weight on left foot.

Restart after jazz box on wall 3 facing 12 o' clock.(after 16c)
