

My Heart

COPPER **KNOB**
BY STEPHENETS

拍数: 32 墙数: 2 级数: Novice - Polka
编舞者: Giuseppe Piromalli (IT) - May 2023
音乐: Chills - James Barker Band



SECT.1 - Forward shuffle right and left

1 RF step diag. fwd
& LF step next right foot
2 RF step diag. fwd
3 LF step diag. fwd
& RF step next left foot
4 LF step diag. fwd
5 RF cross over left
6 LF step back
7 RF step to the right side
8 LF cross over right

SECT.2 - Sincopated side rock (x2) – Sailor step ¼ turn - step fwd, ¼ turn left

9 RF step side
10 LF recover weight
& RF step next left foot
11 LF step side
12 RF recover weight
13 LF ¼ turn left step behind (9.00)
& RF step side
14 LF step side slightly fwd
15 RF step fwd
16 ¼ turn left (6.00)

Restart here at 4 wall

SECT.3 - Cross over, side rock – cross over, side toe touch – cross over, side rock – cross over, side toe touch

17 RF cross over left
& LF step side
18 RF recover weight
19 LF cross over right
20 RF side toe touch
21 RF cross over left
& LF step side
22 RF recover weight
23 LF cross over right
24 RF side toe touch

SECT.4 - Reverse anchor step – step side, hitch – step side, slide and hitch – coaster step

25 RF step cross over
& LF step in place
26 RF step cross over
27 LF Long step side
28 RF slide and hitch
29 RF Long step side
30 LF slide and hitch
31 LF step back

& RF step back
32 LF step fwd

Last Update - 14 July 2023 - R1
