

Barefoot & Pregnant

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: High Improver
编舞者: Yvonne Zielonka (DE) - March 2024
音乐: Barefoot & Pregnant - Gwen Levey and The Breakdown



Music available on iTunes, Amazon or YouTube

Intro: 16 counts (Start counting with heavy Beats)
**2 Easy TAGS, 1 Restart

WALK WALK, MAMBO FWD, STEP BACK, SWEEP, SAILOR TURN ¼, CROSS SHUFFLE

1-2 Step R fwd, Step L fwd
3&4 Mambo R fwd, Recover weight on L, Step R back, start sweeping L from Front to back
5&6 Sweep L behind R with making ¼ Turn L, Step L behind R (5) Step R next to L (&), Step L to left side (6)

TAG 1: DURING ROUND 3, ON 7- 8

STOMP R IN PLACE, STOMP L IN PLACE, THEN RESTART THE DANCE

7&8 Cross R in front L, Step L to left side, Cross R in front L

TOUCH OUT-IN-OUT, BEHIND, SIDE, STEP FWD, STEP TURN ½, TRAVELING PIVOT FWD (FULL TURN)

1&2 Touch L to left side, Touch L next to R, Touch L to left side
3&4 Step L behind R (5), Step R to right side (&), Step L fwd (6)
5-6 Step R fwd, Turn ½ L, Step L fwd
7-8 Turn ½ L, Step back R, Turn ½ L, Step fwd L

STEP & TOUCH DIAGONALLY FWD, 2X HEEL TWIST, 2X STEP BACK DIAGONALLY, CHASSE WITH ¼ TURN R

1&2& Step R diagonal Fwd right (1), Touch L next to R (&), L diagonal back left (2), Touch R next to L (&)
3&4& On ball of both feet twist both Heels to right side (3), twist both heels back to centre (&), Twist both Heels to right side (4), twist both heels back to centre (&)
5&6& Step R diagonal back right (5), Touch L next to R (&), Step L diagonal back left (6), Touch R next to L (&)
7&8 Step R side right, Step L next to R, Turn ¼ R, Step R Fwd

TOE HEEL STOMP, RUMBA BOX FWD, RUMBA BOX BACK, SHUFFLE TURN ½

1&2 Point L Toe next to R, Point L Heel slightly fwd, Stomp L fwd (weight on L)
3&4 Step R to right side, Step L next to R, Step R fwd
5&6 Step L to left side, Step R next to L, Step L back
7&8 Turn ¼ R, Step R to right side, Step L next to R, Turn ¼ R, Step R fwd

STEP - TURN - STEP ½, FULL TRIPPLE TURN, WALK ¾ CIRCLE END UP FACING 9:00

1&2 Step L fwd (1), Turn ½ right Step R fwd (&), Step L fwd
3&4 Turn ½ left Step back R (3), Turn ½ left Step L fwd (&), Step R fwd (4)
5-6 Turn left Step L fwd (facing 4:30), Turn left Step R fwd (facing 2:30)
7-8 Turn left Step L fwd (facing 11:30), Turn left Step R fwd (facing 9:00)

SYNCOPATED ROCKS FRONT-BACK, 2X MAMBO STEP, STOMP SIDE L, HEEL TOE TWISTS TO CENTER

1&2& Rock L Fwd (1), Recover weight on R (&), Rock L back (2), Recover weight on R (&)
3&4 Mambo L to left side (3), Recover weight R (&), Step L next to R (4)
5&6& Mambo R to right side (5), Recover weight L (&), Step R next to L (6), Stomp L to left side (&)
7&8& Twist R Heel in (7), Twist R Toe in (&), Twist R Heel in (8), Twist R Toe to center (&)

TAG 2, END OF WALL 6: SNAP FINGERS 4 TIMES FROM FRONT TO SIDE THEN RESTART THE DANCE

Last Update - 29 Apr. 2024 -R1
