

Kool Cowboy

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Levi J. Hubbard (USA)
音乐: She Bangs - Ricky Martin



DOUBLE STOMP, DOUBLE KICK, COASTER STEP, KICK-BALL CHANGE

1 Right - stomp in place (no weight)
2 Right - stomp in place (no weight)
3 Right - kick forward
4 Right - kick forward
5 Right - step back on (ball of) foot
& Left - step together on (ball of) foot
6 Right - step forward
7 Left - kick slightly forward
& Left - land on (ball of) foot, slightly lifting right off floor
8 Right - lower foot back to floor (foot takes weight)
9-16 Repeat above counts 1-8 for counts 9-16 starting with your left foot this time

KICK-BALL TOUCH, KICK-BALL TOUCH, KICK-BALL CHANGE, STEP FORWARD, ½ TURN (LEFT) (REPEAT)

17 Right - kick slightly forward
& Right - step back in place (foot takes weight)
18 Left - touch toe in place
19 Left - kick slightly forward
& Left - step back in place (foot takes weight)
20 Right - touch toe in place
21 Right - kick forward
& Right - land on (ball of) foot, while slightly lifting left foot off floor
22 Left - lower foot back to floor
23 Right - step straight forward
&24 Right - pivot ½ turn left on (ball of) foot, letting left foot land together (taking weight)
25-32 Repeat above counts 17-24 same feet

SIDE TRIPLE (RIGHT), BACK ROCK-RECOVER, TRIPLE LEFT TURNING ¼ TURN (RIGHT), BACK ROCK-RECOVER

33 Right - step to side
& Left - step together
34 Right - step to side
35 Left - cross step (rock) behind right foot, while slightly lifting right foot off floor
36 Right - lower foot back to floor (recover)
37 Left - starting ¼ turn right, step to side
& Right - step together
38 Left - finishing ¼ turn right, step slightly backward
39 Right - step (rock) backward, while slightly lifting left foot off floor
40 Left - lower foot back to floor (recover)

BOOGIE WALK FORWARD, CROSS ROCK-RECOVER, FULL TURN (RIGHT) MOVING BACK COASTER STEP

41 Right - step forward (twisting hips)
42 Left - step forward (twisting hips)
43 Right - cross step (rock) in front of left foot, while slightly lifting left foot off floor

- 44 Left - lower foot back to floor (recover)
- 45 Left - pivot ½ turn right on (ball of) foot, stepping forward on right
- 46 Right - pivot ½ turn right on (ball of) foot, stepping back on left
- 47 Right - step backward on (ball of) foot
- & Left - step together on (ball of) foot
- 48 Right - step forward

SIDE STEP, BEHIND & CROSS, ¼ TURN (RIGHT), SIDE TRIPLE (RIGHT), CROSS ROCK-RECOVER

- 49 Left - step to side
- 50 Right - cross step behind left foot
- & Left - step slightly backward
- 51 Right - cross step in front of left foot
- 52 Left - turning ¼ turn left, step backward
- 53 Right - step to side
- & Left - step together
- 54 Right - step to side
- 55 Left - cross step (rock) in front of right foot, while slightly lifting right foot off floor
- 56 Right - lower foot back to floor (recover)

¼ TRIPLE TURN (LEFT), STEP FORWARD, ½ PIVOT TURN (LEFT), HEEL SWITCHES X 4

- 57 Left - starting ¼ turn left, step slightly to side
- & Right - step together
- 58 Left - finishing ¼ turn left, step slightly forward
- 59 Right - step straight forward
- 60 On (balls of) both feet, pivot ½ turn left
- 61& Right - tap heel forward, step together
- 62& Left - tap heel forward, step together
- 63& Right - tap heel forward, step together
- 64& Left - tap heel forward, step together

REPEAT

Option: counts 17-22 and 25-30 can be replaced with 3 right kick-ball changes
