

# Loch Lomond

**COPPER KNOB**  
BY STEPHEN HETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Betty McNeill (UK)  
音乐: Loch Lomond - The Borderers



## INTRO

### 64 count intro, slightly flowing

- 1-8            Sway right over 2 counts - sway left over 2 counts -step right foot behind left foot - step left foot to left side, step right foot in front of left foot and pause for 1 count - facing left diagonal
- 9-16          Step left foot behind -step right foot to right side- step left foot in front of right foot and pause 1 count- facing right diagonal, right sailor step turning  $\frac{1}{2}$  left-step right foot behind left foot - making  $\frac{1}{4}$  turn left step left foot to left side making  $\frac{1}{4}$  turn left, step right foot to right side
- 17-32        Repeat 1st 16 counts starting with sways to left and reverse all - ending with a left sailor step turning  $\frac{1}{2}$  right - to end facing front wall
- 33-40        Step forward right foot - kick left foot forward- take two steps back left & right, step forward left foot - kick right foot forward-take two steps back right & left
- 41-48        Step right foot over left foot - step left foot to left side- step right foot behind left foot - step left foot to left side, step right foot over left foot and pause for 1 count - take two step back to face front on left & right
- 49-56        Repeat weave to right side - ending with 2 step back right & left
- 57-64        Sway right and left 3 times altogether until heavy beats kicks in(facing front wall)

## THE MAIN DANCE

### TOUCHES WITH HOOK/ SLIDES AND HITCH

- 1-8            Touch right foot to right side- touch right foot to left foot-touch right heel diagonally forward-hook right foot in front, step forward right-left-right and hitch left foot
- 9-16          Repeat above 8 counts commencing with left foot

### SYNCOPATED HEEL STRUTS/ROCKS/WEAVE WITH $\frac{1}{4}$ TURN RIGHT

- &17-24        Quickly step on right foot- step forward on left heel then slap toe down- rock forward on right foot, then back onto left foot - making  $\frac{1}{4}$  turn right step right foot to right side - step left foot over right foot - step right foot to right side - step left foot behind right foot

### SYNCOPATED HEEL STRUT/ $\frac{1}{2}$ PIVOT LEFT/STEP AND HITCH MAKING FULL TURN LEFT

- &25-28        Quickly step onto right foot - step forward on left heel and slap toe down- step forward right foot then  $\frac{1}{2}$  pivot left
- 29-32        Step forward right foot and hitch left leg making  $\frac{1}{2}$  turn left- step forward left foot and hitch right leg making  $\frac{1}{2}$  turn left

### SYNCOPATED ROCKS AND STEPS/ CROSSING HEEL JACKS

- &33-34        Quickly step onto right foot - rock forward onto left foot and back onto right foot
- &36-37        Quickly step onto left foot - rock forward onto right foot and back onto left foot
- &37-38        Quickly step back onto right foot- step left foot to left side - step right foot behind left foot
- &39&40        Quickly step onto left foot - cross right foot over left foot- step back onto left foot and touch right heel forward

### CROSSING HEEL JACKS/PAUSE STEP STOMP/ SYNCOPATED STEP AND $\frac{1}{2}$ PIVOT LEFT/STEP, HITCH TURN $\frac{1}{2}$ LEFT

- &41&42        Quickly step onto right foot then left foot crossing over right foot - quickly step back onto right foot and touch left heel diagonally forward
- 43&44        Hold 1 count then quickly step onto left foot - stomp right foot
- &45-46        Quickly step onto left foot then right foot and pivot  $\frac{1}{2}$  left
- 47-48        Step forward on right foot hitching left foot making  $\frac{1}{2}$  turn left

49-52 Step left foot to left side, step right foot to left foot, step forward, hitch right foot  
53-56 Step right foot to right side, step left foot to right foot, step back, hitch left foot  
57-58 Step back onto left foot swinging right foot behind left foot  
59-60 Step back onto right foot swinging left foot behind right foot  
61-64 Step back onto left foot, step right foot to left foot, step forward onto left foot, stomp right foot next to left foot

**REPEAT**

**ENDING**

On final wall (6th repetition) you will be facing back wall. After 2 leg swings take two steps back left & right. Step forward on left foot.  $\frac{1}{2}$  pivot on right foot. Stomp left foot to right foot throwing arms in the air.

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