

Make A Move

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Terri Alexander (USA)
音乐: Me And You - Cassie



KICKBALL TOUCH, STEP, TWIST & TURN, KICK, TOUCH, SWEEP, CROSS, BACK, SIDE, CROSS

- 1&2& Kick right forward, step on ball of right, touch left beside right, step left to left side
- 3&4 Twist heels left, twist heels right, twist heels left with 1/8 turn right (1:30)
- 5-6 Kick right forward, touch right beside left
- &7&8& Sweep right across left, step down right, step left back turning 1/8 right (finishing 1/4 turn), step right to side, cross left over right (3:00)

STEP RIGHT, SLIDE, 1/4 STEP-LOCK-STEP, TURN 1/2, STEP, SPIRAL, HIP PUSHES

- 1-2 Step right large step to right, slide left beside right (no weight change)
- 3&4 Left step-lock-step moving in a curve turning 1/4 left (12:00)
- 5-6 Turn 1/2 left stepping right back, step left forward
- 7 Spiral full turn right
- 8&1 Step right forward leading with hip, slide left beside right, step right forward leading with hip (6:00)

1/2 TURN, SWEEP 1/4 TURN, CROSS SHUFFLE, 1/4 TURN, 1/4 TURN, CROSS ROCK, POINT

- 2 Pivot on balls of feet 1/2 turn left shifting weight to left
- &3 Sweep right forward and into 1/4 turn left (9:00)
- 4&5 Cross step right over left, step left to left, cross step right over left
- 6-7 Turn 1/4 right stepping left back, turn 1/4 right stepping to right
- 8&1 Cross rock left over right, recover weight to right, point left to left side (3:00)

TURN POINT, CROSS SIDE ROCK, CROSS SIDE ROCK 1/4, TURN 1/2, RUN RUN RUN

- &2 Step left beside right turning 1/4 left, point right to right side (12:00)
- 3&4 Traveling forward: cross step right over left, rock left to left side, recover weight to right
- 5&6 Cross step left over right, rock right to right side, turn 1/4 left recovering weight to left
- 7&8& Pivot 1/2 left stepping right back, small running steps forward left, right, left (3:00)

REPEAT
