

Marathon (2000)

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Dottie Wicks (USA)
音乐: Move Your Body - Eiffel 65



STEP, HOLD, ½ PIVOT, HOLD, FULL TURN, SHUFFLE

- 1-2 Step forward on right, hold and clap (shin level)
- 3-4 Pivot ½ turn to left (weight on left), clap (shoulder level)
- 5-6 Turn a full turn left down forward line of dance stepping right, left
- 7&8 Shuffle slightly forward right, left, right

TRAVELING SIDE ROCK, CROSSES

These 8 counts should be done traveling forward line of dance

- 1&2 Side rock onto left, recover weight to right foot, cross left over right (weight on left)
- 3&4 Side rock onto right, recover weight on left foot, cross right over left (weight. On right)
- 5&6 Side rock onto left, recover weight to right foot, cross left over right (weight. On left)
- 7&8 Side rock onto right, recover weight on left foot, cross right over left (weight. On right)

ROCK STEP, ¾ TURN LEFT, BACKWARD TRAVELING JAZZ BOXES

- 1-2 Step forward on left foot, recover weight onto right
- 3&4 Shuffle turn ¾ left stepping left, right, left
- 5&6 Traveling slightly backwards, cross right over left, step back on left, step right next to left (weight on right)
- 7&8 Traveling slightly backwards, cross left over right, step back on right, step left next to right (weight on left)

STOMP FORWARD, HOLD, ¼ HEEL SWIVELS, SAILOR STEP, FULL TURN OR HEEL & HOOK

- 1-2 Stomp forward right foot, hold
- 3&4 Swivel heels making ¼ turn to left (heels right, left, right) weight on right
- 5&6 Left sailor shuffle left, right, left
- 7-8 (Every odd wall) keeping weight on left, touch right toe across & front of left foot & unwind full turn to left

Alternate steps for 7-8

- 7-8 (Every even wall) keeping weight on left, dig right heel forward and hook right heel over left shin on count 8

REPEAT
