

Miss Lizzy

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Michele Perron (CAN)
音乐: Dizzy Miss Lizzy - The Holiday Band



ROCK/BACK, RECOVER, KICK/TWIST, STEP/TWIST, TOUCH/TWIST, STEP/TWIST, KICK/TWIST, STEP/TWIST

In the first 8 counts, you will travel to left, twist/swivel actions occur below waist, head/shoulders stay facing front

- 1-2 Left rock/step back; right recover/step forward
- 3 Left kick across front of right with twist/swivel on right
- 4 Left step to side left with twist/swivel on right
- 5 Right touch to side right with twist/swivel on left
- 6 Right step across front of left with twist/swivel on left
- 7 Left kick across front of right with twist/swivel on right
- 8 Left step to side left with twist/swivel on right (12:00)

Easier option

- 3-4 Left kick forward, left step to side left
- 5-6 Right touch to side right; right step beside left
- 7-8-1-2 Repeat

Optional styling note: execute 'spiral foot position' of left between left kick across and left step to side left (counts 3,4 and 7,8)

TOUCH/TWIST, STEP/TWIST, LEFT TRIPLE TURN, RIGHT TRIPLE TURN, ROCK/BACK, RECOVER

- 1 Right touch to side right with twist/swivel on left
- 2 Right step across front of left with twist/swivel on left
- 3&4 Left triple steps with $\frac{1}{2}$ turn left (travel to side left) (6:00)
- 5&6 Right triple steps with $\frac{1}{2}$ turn left (travel to side right) (12:00)
- 7-8 Left rock/step back; right recover/step forward

WALK, WALK, TRIPLE FORWARD; HIP 'TICK', HIP 'TICK', TRIPLE BACK

- 1-2 Left, right steps forward
- 3&4 Left triple steps forward
- 5& Right toe/touch diagonal right forward with right hip bump; return weight to center
- 6& Right toe/touch diagonal right forward with right hip bump; return weight to center
- 7&8 Right triple steps back with $\frac{1}{4}$ turn left (9:00)

WALK, WALK, TRIPLE FORWARD; HIP 'TICK', HIP 'TICK', TRIPLE BACK

- 1-2 Execute $\frac{1}{4}$ turn left with left step; right step forward (6:00)
- 3&4 Left triple steps forward
- 5& Right toe/touch diagonal right forward with right hip bump; return weight to center
- 6& Right toe/touch diagonal right forward with right hip bump; return weight to center
- 7&8 Right triple steps back with $\frac{1}{4}$ turn left (3:00)

SIDE, ACROSS, SIDE-BEHIND-FORWARD, FORWARD, TOUCH/SNAP, FORWARD, TOUCH/SNAP

- 1-2 Left step to side left; right step across front of left
- 3&4 Left step to side left, right step crossed behind left, execute $\frac{1}{4}$ turn left with left step (12:00)
- 5 Step right forward
- 6 Left touch beside right with $\frac{1}{4}$ turn left and right & left finger snaps above right shoulder, look right (9:00)
- 7-8 Execute $\frac{1}{4}$ turn left with left step; right touch beside left with right & left finger snaps to left (6:00)

TRIPLE FORWARD, TRIPLE FORWARD, FORWARD, PIVOT/TURN, TRIPLE TURN

1-2 Right triple steps forward

3-4 Left triple steps forward

5-6 Right step forward; execute $\frac{1}{2}$ pivot/turn left with left step (12:00)

7&8 Execute $\frac{1}{4}$ turn left with right triple steps to side (9:00)

REPEAT
