

Movin' It

COPPER **NOB**
BY STEPHEN HETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: Move It On Over - The Three Hanks



This is a fairly high energy dance, but not as difficult as it would seem. The speed of the music (at 166 beats per minute) is what makes it more difficult

SHUFFLE SWING STYLE

1&2 Shuffle in place on right, left, right while swinging body $\frac{1}{4}$ to the left
3 Rock back on left
4 Rock forward on right (turning body back to LOD)

5&6 Shuffle in place on left, right, left while swinging body $\frac{1}{4}$ to the right
7 Rock back on right
8 Rock forward on left (turning body back to LOD)

SLOW JAZZ BOX

9-10 Cross-step right over left; hold one beat
11-12 Step back on left; hold one beat
13-14 Step right to right side; hold one beat
15-16 Step left next to right; hold one beat

SWIVEL & HOLD TO RIGHT

17-18 Swivel heels to right; hold one beat
19-20 Swivel toes to right; hold one beat

SWIVEL BACK WITH $\frac{1}{4}$ TURN

21-22 Swivel toes to left; swivel heels to left
23 Swivel toes to left
24 Swivel heels to left ending facing $\frac{1}{4}$ turn to the right. You should be standing with weight on heel of left foot with right foot on floor slightly ahead of left

SHUFFLE SWING STYLE

25&26 Shuffle in place on right, left, right while swinging body $\frac{1}{4}$ to the left
27 Rock back on left
28 Rock forward on right (turning body back to LOD)

29&30 Shuffle in place on left, right, left while swinging body $\frac{1}{4}$ to the right
31 Rock back on right
32 Rock forward on left (turning body back to LOD)

REVERSE VINE WITH HOLDS

33-34 Step right across left; hold one beat
35-36 Step left out to left side; hold one beat
37-38 Step right across left; hold one beat
39-40 Step left out to left side; hold one beat

LOCK STEP BACK

41 Step right back to 5:00 o'clock
42 Slide left to right side of right (lock-step)
43 Step right back to 5:00 o'clock

44 Slide left to right side of right (lock-step)

45 Step right back to 5:00 o'clock

46 Slide left to right side of right (lock-step)

47 Stomp right in place to right of left foot

48 Stomp left in place

On Step 47, your left foot is locked over your right, weight should be on the left foot. Simply swing right foot behind left and stomp in its' normal spot to the right of the left foot... Easy enough!

REPEAT
