

My Best Friend

COPPER KNOB
BY STEPHEN HETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Liam Hrycan (UK) - March 2002
音乐: My Best Friend - Tim McGraw : (CD: A Place in the Sun)



Intro: 16 counts.

RIGHT SIDE STEP, LEFT SYNCOPATED CROSS ROCK/RECOVER, LEFT SIDE STEP (¼-LEFT), RIGHT SYNCOPATED STEP/¾ PIVOT LEFT

- 1 Long step right foot to right side
- 2& Cross rock left foot over right, recover weight back onto right foot
- 3 Long step left foot to left side a ¼ turn left
- 4& Step right foot forward, pivot a ¾ turn left

RIGHT SIDE STEP, LEFT SYNCOPATED BACK ROCK/RECOVER, LEFT SIDE STEP (¼-LEFT), RIGHT STEP/½ PIVOT LEFT

- 5 Long step right foot to right side
- 6& Rock left foot back behind right, recover weight onto right foot
- 7 Step left foot to left side a ¼ turn left
- 8-1 Step right foot forward, pivot a ½ turn left

WALK FORWARD (RIGHT, LEFT), RIGHT SYNCOPATED FORWARD ROCK/RECOVER, BACK FULL TURN RIGHT (RIGHT, LEFT), (¼-RIGHT) RIGHT SIDE SHUFFLE

- 2-3 Walk forward - right, left
- 4& Rock right foot forward, recover weight back onto left foot
- 5-6 Step right foot back a ½ turn right, step left foot forward a ½ turn right
- 7&8 Make a ¼ turn right - step right foot to right side, step left foot to place beside right, step right foot to right side

LEFT BACK ROCK/RECOVER/SIDE STEP, RIGHT BEHIND-SIDE-CROSS, LEFT SIDE ROCK/RECOVER, LEFT CROSS/TURN/SIDE (½ LEFT)

- 1&2 Rock left foot back behind right, recover weight onto right foot, step left foot to left side
- 3&4 Step right foot behind left, step left foot to left side, cross step right foot over left
- 5-6 Rock left foot to left side, recover weight onto right foot
- 7&8 Cross step left foot over right, step right foot to right side a ¼ turn left, step left foot back a ¼ turn left

RIGHT BACK ROCK/RECOVER/SIDE STEP, LEFT BEHIND-SIDE-CROSS, RIGHT SIDE ROCK/RECOVER, RIGHT CROSS/TURN (¼-RIGHT)/ BACK

- 1&2 Rock right foot back behind left, recover weight onto left foot, step right foot to right side
- 3&4 Step left foot behind right, step right foot to right side, cross step left foot over right
- 5-6 Rock right foot to right side, recover weight onto left foot
- 7&8 Cross step right foot over left, step left foot to left side a ¼ turn right, step right foot back

LEFT BACK/RIGHT TOUCH, RIGHT STEP/LEFT STEP (½-RIGHT), RIGHT STEP BACK/LEFT BACK/RIGHT TOUCH, WALK FORWARD (RIGHT, LEFT)

- 1-2 Step left foot back, touch right toe in place beside left foot
- 3-4 Step right foot forward, step left foot forward a ½ turn right
- 5&6 Step right foot back, small step left foot back, touch right toe in place beside left foot
- 7-8 Walk forward - right, left

**RIGHT FORWARD ROCK/RECOVER, TRIPLE STEP (½-RIGHT), LEFT FORWARD
ROCK/RECOVER/STEP BACK, (¼-RIGHT), RIGHT SIDE ROCK/RECOVER, RIGHT CROSS
ROCK/RECOVER**

- 1-2 Rock right foot forward, recover weight back onto left foot
3&4 Triple step ½ turn right, stepping - right, left, right (optional: 1 ½ turn right)
5&6 Rock left foot forward, recover weight back onto right foot, step left foot back
& Make a ¼ turn right on ball of left foot
7& Rock right foot to right side, recover weight onto left foot
8& Cross rock right foot over left, recover weight back onto left foot

REPEAT
