

My Self Control

COPPER KNOB
BY STEPHEN T. C.

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Audrey Watson (SCO)
音乐: Self Control - Infernal



SIDE ROCK KICK, TOUCH ¼ TURN TOUCH, KICK BALL POINT & ½ TURN MONTEREY

1&2 Rock right to right side, recover weight on left, kick right across left
3&4 Touch right toe to right side, turn ¼ left hitching right knee, touch right toe to right side
5&6 Kick right foot forward, step down on ball of right, touch left toe to left side
&7-8 Step left next right, point right toe to right side, turn ½ turn right stepping right next left

SIDE TOUCH, CHASSE, BACK ROCK ¼ TURN SHUFFLE

1-2 Touch left toe to left side, touch left next right
3&4 Step left to left side, close right next left, step left to left side
5-6 Rock back on right, recover forward on left
7&8 On ball of left turn ¼ left, shuffle back on right, left, right

REVERSE ½ TURN, KICK BALL STEP, ¼ TURN, ¼ TURN, KICK BALL STEP

1-2 Touch left toe back, turn ½ turn left
3&4 Kick right foot forward, step down on ball of right foot, step forward on left
5&6 Turn ¼ left touching right toe to right side, hitching right knee turn ¼ left, touch right toe to right/side
7&8 Kick right foot forward, step down on ball of right, step forward on left

FORWARD ROCK, ½ TURN SHUFFLE, FORWARD ROCK, COASTER CROSS

1-2 Rock forward on right, recover back on left
3&4 Turn ½ right shuffle forward on right, left, right
5-6 Rock forward on left, recover back on right
7&8 Step back on left, step right next left, cross left over right

REPEAT
