

My, My, My

COPPER **NOB**
BY STEPHEN BATES

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Avril James (UK)
音乐: My Gal - J.J. Cale



For My Gal start the dance on the 3rd beat into the vocals on the word "like"

WALK FORWARD RIGHT, LEFT, ¼ TURN LEFT WITH HIP BUMPS, ¼ TURN RIGHT, WALK FORWARD RIGHT, LEFT, ¼ TURN LEFT, HIP BUMPS

- 1-2 Walk forward right, left
- 3&4 Making a ¼ turn left, step right foot to right side and bump hips right, left, right left, ending with weight on left foot
- 5-6 Making a ¼ turn right walk forward right, left
- 7&8& Making a ¼ turn left, step right foot to right side and bump hips right, left, right, left ending with weight on left foot

¼ TURN RIGHT STEPPING FORWARD ON RIGHT, LEFT AND PIVOT ¾ TURN RIGHT, STEP LEFT TO SIDE, STEP RIGHT BEHIND LEFT, STEP LEFT TO SIDE MAKING ¼ TURN LEFT, STEP FORWARD RIGHT, TOE TOUCHES, KICK, STEP TOGETHER

- 1 Making a ¼ turn right step forward on right
- 2&3 Step forward on left, pivot ¼ turn on right, step left to left side, (facing 9:00)
- 4 Step right behind left
- 5& Left to left side making a ¼ turn left, step forward on right
- 6& Point left toe forward and hold for a beat
- 7& With a quick sweep back, step left foot behind right, touch right toe to left side of left foot
- 8 Kick right foot forward, step right next to left

TOE TOUCHES LEFT, RIGHT, LEFT, ¼ TURN LEFT, TOE TOUCH, FORWARD SHUFFLE, ROCK STEPS

- 1& Touch left toe out to left side, step left next to right
- 2-3 Touch right toe out to right side and hold
- &4 Touch right toe next to left foot, making a ¼ turn left step back onto right touch left toe next to right side of right foot
- 5&6 Shuffle forward stepping left, right, left
- 7&8 Rock forward on right, rock back on left, step right next to left ending with feet shoulder width apart, (facing 3:00)

HIP BUMPS, STEP FORWARD WITH ¼ TURN RIGHT, PIVOT ½ TURN RIGHT, ¼ PADDLE TURN LEFT

- 1&2& Bump hips left, right, left, hold
- 3& Bump hips right, left
- 4 Making a ¼ turn right step forward onto right
- 5&6 Step forward on left, pivot ½ turn right, step forward on left
- 7&8 ¾ paddle turn left stepping forward on right swivel ½ turn, step forward on right, swivel ¼ turn ending with weight on left foot

Should now be facing 3:00

REPEAT