

No, Dr. Phil

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Nancy Morgan (USA)
音乐: When It Rains - Gretchen Wilson



Count 8 counts from the time the song starts, then begin

KICK FORWARD, KICK SIDE, SAILOR SHUFFLE, KICK FORWARD, KICK SIDE, SAILOR SHUFFLE

- 1-2 Kick right foot forward, kick right foot to right side
- 3&4 Sailor shuffle - step right behind left, left to left side, right foot forward
- 5-6 Kick left foot forward, kick left foot to right left
- 7&8 Sailor shuffle - step left behind right, right to right side, left foot forward

FORWARD ROCK, SKIP BACK FOR 4 COUNTS, BACK ROCK

- 1-2 Rock/step forward on right and back on left
- &3 Lift right foot up as you hop on left, bring and set right foot directly behind left (it is like skipping backwards)
- &4 Lift left foot up as you hop on right, bring and set left foot directly behind right
- &5 Lift right foot up as you hop on left, bring and set right foot directly behind left
- &6 Lift left foot up as you hop on right, bring and set left foot directly behind right
- 7-8 Back rock/step on right and forward on left

STEP FORWARD, BOUNCE TWO TIME IN ½ TURN TO LEFT, KICK FORWARD, BACK COASTER, FORWARD COASTER

- 1 Step forward on right (stay on balls of feet)
- 2-3 Bounce two (2) times on heels as your turn one half turn to left (weight is on right)
- 4 Kick left foot forward
- 5&6 Back coaster step - step back on left, back on right, and forward on left
- 7&8 Forward coaster step - step forward on right, step forward on left, step back on right

TOUCH BACK, ¼ TURN LEFT, SWIVEL, SWIVEL ¼ TURN LEFT, KICK-BALL-CHANGE SWIVEL, SWIVEL ¼ TURN LEFT

- 1-2 Touch left toe back, pivot ¼ turn to your left (weight is even)
- 3 Swivel both feet to right (on balls of feet)
- 4 Swivel both feet to left ¼ turn to left (on balls of feet, weight ends on left)
- 5&6 Kick-ball-change - kick right foot forward, put right next to left as you pick left off floor, set left next to right
- 7 Swivel both feet to right (on balls of feet)
- 8 Swivel both feet to left ¼ turn to left (on balls of feet, weight ends on left)

REPEAT
