

Not Enough Sleep

COPPER KNOB
BY STEPHENETS

拍数: 48 墙数: 4 级数: Improver east coast swing
编舞者: George Petrella (USA)
音乐: Too Much Drink (Not Enough Sleep) - The Fantastic Shakers



RIGHT STEP, LOCK, STEP, HOLD, LEFT STEP, LOCK, STEP, HOLD

1-4 Step forward on right, lock left foot up, step forward on right, hold
5-8 Step forward on left, lock right foot up/step forward on left, hold

LINDY TO RIGHT, SHUFFLE TO LEFT, ½ LEFT PIVOT

1&2-3-4 Shuffle to the right (right-left-right), rock back on left, recover on right
5&6-7-8 Shuffle to the left (left-right-left), step forward on right, pivot ½ to left

LINDY TO RIGHT, LINDY TO LEFT

1&2-3-4 Shuffle to the right (right-left-right), rock back on left recover on right
5&6-7-8 Shuffle to the left (left-right-left), rock back on right recover on left

RIGHT KICK FORWARD 2X, SHUFFLE, LEFT KICK FORWARD 2X, SHUFFLE

1-2-3&4 Kick right foot to front 2x, shuffle in place (right-left-right)
5-6-7&8 Kick left foot to front 2x, shuffle in place (left-right-left)

WALK FORWARD 3 STEPS/TURN ½ TO LEFT KEEPING WEIGHT ON RIGHT/PAUSE, WALK FORWARD 3 STEPS/TURN ½ TO LEFT KEEPING WEIGHT ON LEFT/PAUSE

1-2-3-4 Walk forward right-left-right, turn ½ to left by spinning on right foot/hold
5-6-7-8 Walk forward left-right-left, turn ½ to left by spinning on left foot/hold

6 COUNT WEAVE TO RIGHT, START 2 COUNTS OF LEFT WEAVE

1-2-3-4 Right to right, left behind right, right to right, left in front of right
5-6-7-8 Right to right, touch left toe, left to left, right behind left

REPEAT

FINISH

4 COUNTS OF LEFT WEAVE, ¼ PIVOT LEFT, ½ PIVOT LEFT

1-2-3-4 Left to left, right in front of left, left to left, touch right toe
5-6-7-8 Right forward pivot ¼ to left, right forward pivot ½ to left