

The Number One

COPPER KNOB
BY STEPHEN B. TRITT

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Toni Donkers (NL)
音乐: Lookin' Out For Number 1 - Travis Tritt



JUMP OUT, IN, OUT ¼, RUNNING MANS, COASTER STEP, SHUFFLE

1&2 Jump left and right foot out, left and right foot in together, jump right and left foot out ¼
3&4 Right foot scoot back and left toe touch forward, left foot scoot back right to touch forward,
left foot scoot back and right toe touch forward
5&6 Right foot step back, left foot in place, right foot step forward
7&8 Left foot step forward, right foot slide to left foot, left foot step forward

PADDLE TURNS, SAILOR STEPS, CROSS BEHIND, TURN

9&10 Right toe touch right with a turn ¼ left, hitch right knee ¼ left, right toe touch right with a turn ¼
left
11&12 Right foot cross behind left foot, left foot step left, right foot step right
13&14 Left foot cross behind right, right foot step right, left foot step left
15-16 Right foot cross behind left foot, right and left foot turn ½ right

MASHED POTATOES, SWIVEL TURN, SAILOR STEP FORWARD

&17&18 Swivel heels out, left step forward and swivel heels in, swivel heels out, swivel heels in
&19&20 Swivel heels out, left foot step back and swivel heels in, swivel heels out, right foot step back
and swivel heels in
21&22 Swivel heels to left, swivel heels back (center), swivel heels left with ½ turn to right
23&24 Cross right foot over left foot, step left foot to left, step right foot to right

JUMP-OUT, HITCH SCOOT, TOUCH, JUMP-OUT, HITCH SCOOT, TOUCH SCUFF, SCOOT, STEP, SWIVEL TURN

25&26 Jump out, left foot hitch and right foot scoot back, left touch back.
27&28 Jump out, right foot hitch and scoot back left, right foot touch back
29&30 Right foot scuff in front, left foot scoot forward, right foot step forward
31&32 Swivel heels to the right, swivel heels in place, right foot and left foot turn ¼ left

REPEAT
