

One Hundred Degrees

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Louise Moss (UK)
音乐: Summer of Love - Steps



SHUFFLE, FULL TURN RIGHT, SHUFFLE, ROCK AND RECOVER

- 1&2 Step forward on right foot, close left foot beside right, step forward on right foot
3-4 With weight on right foot, swivel ½ turn right, stepping weight onto left swivel ½ turn right, step forward on right foot
5&6 Step forward on left foot, close right foot beside left, step forward on left foot
7-8 Rock forward on right foot and recover weight on to left

1 ½ RIGHT TURNS. SHUFFLE, ROCK AND RECOVER, LEFT COASTER STEP

- 1-2 Swivel ½ turn right on ball of left foot stepping onto right foot, swivel ½ turn right and step back onto left foot, and swivel ½ turn right

Complete 1 ½ turns right stepping right, left with right foot free for shuffle (1-2). If you don't like too many turns, you can swivel ½ turn right stepping onto right foot, step left foot forward

- 3&4 Step forward on right foot, close left foot beside right, step forward on right foot
5-6 Rock forward on left foot and recover weight on right
7&8 Step left foot back small step, step right foot beside left, step forward small step on left

PADDLE STEPS LEFT TWICE (½ TURN LEFT), HIP BUMPS

- 1-2 Step right foot small step forward and paddle ¼ turn left
3-4 Step right foot small step forward and paddle ¼ turn left
5&6 Step right foot forward small step and bump hips left, right* at the same time, as you step forward extend right arm, on the first hip bump swivel wrist down and out into the 'stop/halt' position in continuous movement
7&8 Step left foot forward small step and bump hips right, left at the same time, as you step forward extend left arm, swivel wrist down and out into the "stop/halt" position

RIGHT KICK BALL CHANGE, HEEL TOUCHES, JUMP, CROSS & UNWIND ½ TURN LEFT, ¼ TURN RIGHT

- 1&2 Kick right foot forward, place right foot beside left, raise left foot and replace beside right
3 Touch right heel forward over left foot
4 Touch right heel to right side
&5 Small jump right to right side, small jump left to left side
6 Small jump, crossing right foot in front of left
7 Unwind ½ turn left
8 On balls of feet ¼ turn right lifting right heel off floor and push knee forward

REPEAT