

Only On Weekends

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Michael Vera-Lobos (AUS)
音乐: The Weekend - Steve Wariner



DIAGONAL STEP FORWARD/SLIDE, SIDE SHUFFLE RIGHT, CROSS TOCK/RECOVER, SIDE SHUFFLE LEFT

1-2 Diagonal step forward on left 45 degrees left, slide right towards left (keep weight on left foot)
3&4 Traveling right; side shuffle right stepping right-left-right
5-6 Cross/rock left over right, rock weight back onto right
7&8 Traveling left; side shuffle left stepping left-right-left

CROSS ROCK/RECOVER, FULL TURN TRAVELING RIGHT, SIDE SHUFFLE RIGHT, HIP SWAY LEFT & RIGHT

1-2 Cross/rock right over left, recover weight back onto left
3-4 Traveling right turn full turn right stepping right & left
5&6 Traveling right side shuffle right stepping right-left-right
7-8 Stepping left to left side sway hips left then right

SIDE LEFT, RIGHT BEHIND, ¼ LEFT ON LEFT, SHUFFLE FORWARD RIGHT, FULL TURN, SHUFFLE OVER RIGHT-LEFT THEN RIGHT

1&2 Step left to left side, cross/step right behind left turning ¼ turn left step forward on left
3&4 Shuffle forward on right stepping right-left-right
5&6 Traveling forward turning ½ turn right shuffle left stepping left-right-left
7&8 Turning a further ½ turn right to complete full turn shuffle right-left-right

KICK LEFT FORWARD, BALL STEP, ¼ TWIST LEFT, ¼ TWIST RIGHT, SHUFFLE BACK RIGHT, TOUCH BACK ON LEFT, ½ PIVOT LEFT

1&2 Kick left foot forward, (ball step) step left to center stepping forward on right (end weight on right)
3-4 On balls of feet twist heels ¼ turn right, twist heels ¼ turn left (end weight on left)
5&6 Shuffle straight back on right stepping right-left-right
7-8 Touch left toe back, pivot ½ turn left (end weight on right)

DIAGONAL SKATE LEFT, DIAGONAL SKATE RIGHT, CROSS SHUFFLE, CRADLE ROCK RIGHT

1-2 Step forward on left 45 degrees left sliding right towards left arching it in then out stepping forward 45 on right degrees right
3&4 Traveling forward 45 degrees right, cross shuffle left over right stepping left-right-left
5-8 Rock forward right, rock back on left, rock back on right, rock forward on left

STEP FORWARD RIGHT, ½ PIVOT OVER LEFT, DIAGONAL SHUFFLE FORWARD ON RIGHT, CRADLE ROCK

1-2 Step forward right, pivot ½ turn left (end weight on left)
3&4 Traveling 45 degrees right shuffle forward right stepping right-left-right
5-8 Rock forward left, rock back on right, rock back on left, rock forward on right

STEP FORWARD LEFT, ¼ PIVOT RIGHT, CROSS SHUFFLE LEFT OVER RIGHT, RIGHT HEEL BALL CROSS, ROCK RIGHT TO RIGHT SIDE & CENTER

1-2 Step forward on left turn ¼ turn right ending with weight on right
3&4 Traveling to right side cross shuffle left over right stepping left-right-left
5&6 Touch right heel out to right side, step onto ball of right crossing left over right
7-8 Rock right foot to right side, recover weight to center

¾ PIVOT OVER RIGHT, SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT, STEP FORWARD RIGHT, ¼ PIVOT, CROSS SHUFFLE

- | | |
|-----|--|
| 1&2 | Turning ¾ turn right shuffle forward right stepping right-left-right |
| 3&4 | Shuffle forward left stepping left-right-left |
| 5-6 | Step forward right, pivot ¼ turn left taking weight onto left |
| 7&8 | Traveling left cross shuffle right over left stepping right-left-right |

REPEAT
