

Palisades Park

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Improver
编舞者: Mark Cosenza (USA)
音乐: Palisades Park - Freddie Cannon



FORWARD STROLLS, 1/4 PIVOT FORWARD SAILOR

1-2 Cross forward right, hold and swing left arm up towards right shoulder
3-4 Cross forward left, hold and swing right arm up towards left shoulder
5-6-7-8 Pivoting $\frac{1}{4}$ left, cross right over left, step back left, step side right, hold

STEP FORWARD, KICK FORWARD, CROSS BEHIND, CROSS IN FRONT

1-2 Step left forward diagonal right (facing diagonal right), hold
3-4 Kick right forward diagonal right, hold
5-6-7-8 Cross right behind left (squaring off to 9:00 wall), step left side left, cross right across left, hold

SIDE ROCK & RECOVER, CROSS, STEP, CROSS, $\frac{1}{2}$ TURN TWISTS

1-2 Side rock left, recover right
3-4-5 Cross left over right, step right side right, cross left over right
6-7-8 Pivoting $\frac{1}{2}$ right, twist heels left, right, left (bending your knees slightly for style) - shift your weight to the left foot

COASTER STEP, FULL TRIPLE FORWARD

1-2-3-4 Step right back, step together left, step right forward, hold
5-6-7 Full triple forward: turning $\frac{1}{4}$ right, step left forward, turning $\frac{1}{2}$ right, step down on right, turning $\frac{1}{4}$ right, step left forward
8 Hold

DIAGONAL TRIPLES FORWARD TO THE RIGHT AND FORWARD TO THE LEFT

1-2-3-4 Moving diagonal right, step right forward, step left next to right, step right forward, hold
5-6-7-8 Moving diagonal left, step left forward, step right next to left, step left forward, hold

For additional styling, "shoop" your arms slightly up on the odd counts

CROSS ROCK $\frac{1}{4}$ TURN, STEP $\frac{1}{2}$ TURN

1-2-3-4 Cross rock right over left, recover left as you pivot $\frac{1}{4}$ turn right, step forward right, hold
5-6-7-8 Step left forward and pivot $\frac{1}{2}$ turn right, step right forward, step left forward, hold

SIDE ROCK & RECOVER, CROSS, STEP, CROSS, $\frac{1}{2}$ TURN TWISTS

1-2 Side rock right, recover left
3-4-5 Cross right over left, step left side left, cross right over left
6-7-8 Pivoting $\frac{1}{2}$ left, twist heels right, left, right (bending your knees slightly for style) - shift your weight to the right foot

KICK BALL STEP, FULL TRIPLE FORWARD

1-2-3-4 Kick left forward, step down on left, step forward right, hold
5-6-7 Full triple forward: turning $\frac{1}{4}$ right, step left forward, turning $\frac{1}{2}$ right, step down on right, turning $\frac{1}{4}$ right, step left forward
8 Hold

REPEAT

RESTART

On the 4th wall (conclusion of the instrumental), you will do a slightly modified version of the first 16 counts. The first 13 counts remain as is. On count 14 (6) as you step left, pivot $\frac{1}{4}$ turn left returning to the first wall. Counts 15 (7) and 16 (8) step forward right and left and begin the dance again.
