

The Promised Land

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Johnny S. (UK)
音乐: Promised Land - Johnnie Allan



ROCKING CHAIR, ROCK, RECOVER, CROSS, HOLD

1-4 Rock right foot forward, recover onto left, rock right foot back, recover onto left
5-8 Rock right foot to right side, recover onto left, cross right over left, hold

ROCKING CHAIR, ROCK, RECOVER WITH ¼ TURN RIGHT, CROSS, HOLD

1-4 Rock left foot forward, recover onto right, rock left foot back, recover onto right
5-8 Rock left to left side, recover onto right with ¼ turn right, cross right over left, hold

RIGHT & LEFT FORWARD SHUFFLES WITH HITCHES

1-4 Step right foot forward, step left up beside right, step right forward, hitch left knee
5-8 Step left foot forward, step right up beside left, step left forward, hitch right knee

HEEL, HOOK, HEEL, SWEEP, BACK LOCK STEP, HOLD

1-4 Touch right heel forward, hook right across left, touch right heel forward, sweep right behind left
5-8 Step right foot back, step left foot across right, step right foot back, hold

HEEL, HOOK, HEEL, SWEEP, BACK LOCK STEP, HOLD

1-4 Touch left heel forward, hook left across right, touch left heel forward, sweep left behind right
5-8 Step left foot back, step right foot across left, step left foot back, hold

WEAVE WITH ¼ TURN RIGHT, SCUFF, HITCH

1-4 Step right to right side, step left behind right, step right ¼ turn right, scuff left beside right
5-8 Step left to left side, step right behind left, step left to left side, hitch right knee

SCOOT-HITCH, STEP TWICE

1-2 Scoot back on left foot while hitching right knee, step right foot to floor
3-4 Scoot back on right foot while hitching left knee, step left foot to floor

WEAVE WITH ¼ TURN RIGHT, SCUFF, HITCH

1-4 Step right to right side, step left behind right, step right ¼ turn right, scuff left beside right
5-8 Step left to left side, step right behind left, step left to left side, hitch right knee

SCOOT-HITCH, STEP TWICE

1-2 Scoot back on left foot while hitching right knee, step right foot to floor
3-4 Scoot back on right foot while hitching left knee, step left foot to floor

REPEAT
