

Ready For Action

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Guyton Mundy (USA)
音乐: The Way You Move - Outkast



MAMBO, ¼ TURN, WEAVE, ROCK/RECOVER, ¾ TURN

- 1&2 Rock forward on right foot, recover back on left foot, step together with right
3&4 Rock back on left foot, recover forward on right foot, while making a ¼ turn to the left step left foot across in front of right foot
5&6 Step right foot to right side, step left foot behind right, rock right to right side
7-8 Recover back on left foot, sweep right foot around making a ¾ turn to the left bringing feet together with weight ending on right foot

STEP BACK (TWICE), HITCH, STEP, TOE SWIVEL, ROCK/RECOVER, COASTER

- 1&2 Step back on left foot, step back on right foot, hitch left knee up
3&4 Step forward on left heel, swivel left toe to right, bring toe back to center
5-6 Rock forward on to left toe, recover back on right foot
7&8 Step left foot back, step together with right foot, step forward on left foot

DIAGONAL SHUFFLES (TWICE), KNEE SWING WITH ½ TURN

- 1&2 Shuffle diagonally forward to the right (right, left, right)
3&4 Shuffle diagonally forward to the left (left, right, left)
5 Step forward on right
6-7-8 While circling left knee around in a to the left motion make a ½ turn to the left ending with weight on the left foot

SYNCOPATED WEAVE WITH ½ TURN, ¼ COASTER, SWEEP ½ TURN, BODY ROLL

- 1&2& Step right to right side, step left behind right, make a ¼ turn to the right stepping right foot forward, step left foot to left side while making a ¼ turn to the right
3&4 While making a ¼ turn to the right, step back with right, step together with the left, step forward right
5-6 Make a ½ turn on right foot to the right bringing left to right
7-8 Body roll, with weight ending on left foot

REPEAT
