

Ring My Belle

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数:
编舞者: Alison Metelnick (UK)
音乐: Evergreen (Radio Edit) Dance Mix - Belle Lawrence



Start the dance 16 counts into the music.

WALK FORWARD RIGHT & LEFT, RIGHT COASTER STEP, TURNING $\frac{3}{4}$ LEFT STEP LEFT & RIGHT, LEFT COASTER STEP

1-2 Walk right foot forward, walk left foot forward
3&4 Step right foot forward, step left foot next to right, step right foot back
5-6 Turning $\frac{1}{4}$ left step left foot to left side, turning $\frac{1}{2}$ left step right foot next to left
7&8 Step left foot back, step right foot next to left, step left foot forward

STEP RIGHT FORWARD, CROSS LEFT, RIGHT LOCK STEP BACK, FULL TURN LEFT STEPPING LEFT & RIGHT, LEFT COASTER STEP

1-2 Step right foot forward, cross step left over right
3&4 Step right foot back, lock step left heel to right toe, step right foot back
5-6 $\frac{1}{2}$ turn left stepping forward on left foot, $\frac{1}{2}$ turn left stepping back on right foot
7&8 Step left foot back, step right foot next to left, step left foot forward

TOUCH RIGHT FORWARD & SIDE, RIGHT SAILOR STEP, TOUCH LEFT FORWARD & SIDE, $\frac{1}{4}$ LEFT, LEFT SAILOR STEP

1-2 Touch right toe forward, touch right toe to right side
3&4 Cross step right foot behind left, step left foot to left side, step right foot slightly forward
5-6 Touch left toe forward, touch left toe to left side
7&8 Cross step left foot behind right, turning $\frac{1}{4}$ left step right foot back, step left foot forward

RIGHT SIDE ROCK, $\frac{1}{4}$ TURN LEFT & RECOVER, $\frac{1}{2}$ TURN LEFT STEP RIGHT & LEFT, RIGHT COASTER STEP, LEFT FORWARD SHUFFLE

1-2 Rock right foot to right side, $\frac{1}{4}$ turn left, turn left foot to the left & recover
3-4 Turning $\frac{1}{4}$ left step right foot to right side, turning $\frac{1}{4}$ left step left foot back
5&6 Step right foot back, step left foot next to right, step right foot forward
7&8 Step left foot forward, step right foot next to left, step left foot forward

RIGHT & LEFT FORWARD TOE STRUTS, RIGHT SUGAR FOOT, RIGHT FORWARD SHUFFLE

1-2 Touch right toe forward, drop heel to the floor
3-4 Touch left toe forward, drop heel to the floor
5-6 Touch right toe to left instep, touch right heel to left instep
7&8 Step right foot forward, step left foot next to right, step right foot forward

LEFT & RIGHT TOE FORWARD TOE STRUTS, LEFT SUGAR FOOT, LEFT FORWARD SHUFFLE

1-2 Touch left toe forward, drop heel to the floor
3-4 Touch right toe forward, drop heel to the floor
5-6 Touch left toe to right instep, touch left heel to right instep
7&8 Step left foot forward, step right foot next to left, step left foot forward

RIGHT SIDE ROCK & RECOVER, LEFT WEAVE, LEFT SIDE RIGHT & RECOVER, $\frac{1}{4}$ LEFT, LEFT SAILOR STEP

1-2 Rock right foot to right side, recover weight on left foot
3&4 Cross step right foot behind left, step left foot to left side, cross step right foot in front of left
5-6 Rock left foot to left side, recover weight on right foot

7&8 Cross step left foot behind right, turning $\frac{1}{4}$ left step right foot back, step left foot forward

REPEAT THE PREVIOUS 8 COUNTS

1-2 Rock right foot to right side, recover weight on left foot

3&4 Cross step right foot behind left, step left foot to left side, cross step right foot in front of left

5-6 Rock left foot to left side, recover weight on right foot

7&8 Cross step left foot behind right, turning $\frac{1}{4}$ left step right foot back, step left foot forward

REPEAT
