

Salty Dog

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: John Elliott (USA)
音乐: Swing music between 95 and 115 bpm



"SERPENTINE SAILOR STEPS"

These steps travel forward in a zig-zag fashion.

- 1 Cross-step left foot behind right foot (while leaning upper body to right)
- &
- 2 Diagonal-step left foot forward and to left (weight mostly on heel, body straightening up)
- 3 Cross-step right foot behind left foot (while leaning upper body to left)
- &
- 4 Diagonal-step right foot forward and to right (weight mostly on heel, body straightening up)

- 5 Cross-step left foot behind right foot (while leaning upper body to right)
- &
- 6 Diagonal-step left foot forward and to left (weight mostly on heel, body straightening up)
- 7 Cross-step right foot behind left foot (while leaning upper body to left)
- &
- 8 Diagonal-step right foot forward and to right (weight mostly on heel, body straightening up)

QUARTER TURN, LOCK STEPS, HALF TURN, LOCK-STEPS

- 1 Cross-step left foot behind right foot
- &
- 2 Turn one quarter to right on ball of left foot (to face 3:00)
- 3 Step right foot forward (toward 3:00)
- 4 Step left foot forward
- &
- 5 Lock-step right foot behind left foot
- 6 Small step left foot forward

- 7 Step right foot forward, weight on both feet
- &
- 8 Turn ½ to left (weight to right)

- 9 Wweight change to left foot forward
- 10 Step right foot forward
- &
- 11 Lock-step left foot behind right foot
- 12 Small step right foot forward

SIDE STEP, DRAG-QUARTER TURN, LOCK-STEPS, THREE-QUARTER TURN, SYNCOPATED VINE

- 1 Large step left foot to left side, leading with left hip and leaning body to right
- &
- 2 Drag right foot toe toward left foot (toe pointed down)
- 3 Still dragging right foot toe turn ¼ to left on ball of left foot (right knee bent and toe pointed downward)
- 4 Step right foot forward
- &
- 5 Lock-step left foot behind right foot
- 6 Small step right foot forward
- 7 Step left foot forward (weight on both feet, primarily on right foot)
- &
- 8 Turn ¾ right on balls of both feet and weight change to left foot
- 9 Weight change to right foot (3:00)
- 10 Step left foot to left side
- &
- 11 Cross-step right foot behind left foot
- 12 Step left foot to left side

HEEL STANDS, BACK STEPS & CROSS-STEPS

This pattern moves backward and slightly diagonally to right

- 1 Step right foot diagonal forward and to right on heel, toe off floor, and push right heel-of-hand downward, straightening arm
- 2 Step left foot diagonal forward and to left on heel, toe off floor, and push left heel-of-hand downward, straightening arm
- 3 Step right foot backward right
- 4 Cross-step on ball of foot left foot over right foot

- 5 Step right foot diagonal forward and to right on heel, toe off floor, and push right heel-of-hand downward, straightening arm
- 6 Step left foot diagonal forward and to left on heel, toe off floor, and push left heel-of-hand downward, straightening arm
- 7 Step right foot backward
- & Cross-step on ball of foot left foot over right foot
- 8 Step right foot diagonal backward and slightly to right
- & Sweep left foot around in an arc behind right foot

REPEAT
