

Settle For A Slowdown

COPPER KNOB
BY STEPHEN BENTLEY

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jeanette Robson (UK)
音乐: Settle for a Slowdown - Dierks Bentley



RIGHT SIDE, ROCK BACK, LEFT SIDE, ROCK BACK, ½ TURN LEFT, RIGHT SIDE ROCK BACK, LEFT SIDE ROCK BACK

- 1-2& Step right foot to right side, rock left back behind right, recover weight onto right
- 3-4& Step left foot to left side, rock right back behind left, recover weight onto left
- 5-6& ½ hinge turn over left, step right foot to right, side rock left back behind right, recover weight on right
- 7-8& Step left foot to left side, rock right back behind left, recover weight onto left

SKATE RIGHT, LEFT, RIGHT SHUFFLE, ROCK FORWARD LEFT RECOVER LEFT TOE BEHIND ½ TURN UNWIND

- 1-2 Skate right, skate left (moving right foot in semi circular motion in/out and then same with left)
- 3&4 Step right forward bring left foot up to right, step right forward
- 5-6 Rock forward on left, recover weight on right foot
- 7-8 Touch left toe behind right foot, unwind ½ turn over left, weight on left

TOE TOUCH HOOK ¼ TURN (RIGHT) SHUFFLE, TOE TOUCH HOOK ½ TURN (LEFT) SHUFFLE

- 1-2 Touch right toe forward, hook right foot across in front of left leg
- 3&4 Step right foot to right side turning ¼ turn to right, bring left foot up to right foot step right foot forward
- 5-6 Touch left toe forward, hook left foot across in front of right leg
- 7&8 Step left foot to left side turning ½ turn to left, bring right foot to left foot, step left foot forward

SWAY RIGHT, SWAY LEFT, CHA-CHA-CHA RIGHT, SWAY LEFT, SWAY RIGHT CHA-CHA-CHA LEFT

- 1-2 Sway right hip to right, sway left hip to left
- 3&4 Triple on the spot right, left, right
- 5-6 Sway left hip to left, sway right hip to right
- 7&8 Triple on the spot left, right, left

REPEAT
