

# Settle For A Slowdown

COPPERKNOB  
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



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## 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**

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