

Sleepless Nights

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sandy Hawkins (AUS)
音乐: Walking Away - Craig David



WALK RIGHT-LEFT, ROCK REPLACE & SIDE ¼ RIGHT, FORWARD ROLLING SHUFFLE 1 ¼ RIGHT, ¼ LEFT TAP RIGHT, FORWARD RIGHT

1-2 Step forward right, step forward left
3&4 Rock forward right, rock back on left, ¼ turn right step right to side
5&6 Rolling forward 1 ¼ turn right stepping left, right and forward onto left
7-8 ¼ turn left on left foot tap right beside, step forward onto right

Repeat the first 8 counts opposite foot

WALK LEFT-RIGHT, ROCK REPLACE & SIDE ¼ LEFT, FORWARD ROLLING SHUFFLE 1 ¼ LEFT, ¼ RIGHT TAP LEFT, FORWARD LEFT

1-2 Step forward left, step forward right
3&4 Rock forward left, rock back on right, ¼ turn left step left to side
5&6 Rolling forward 1 ¼ turn left stepping right, left and forward onto right
7-8 ¼ turn right on right foot, tap left beside, step forward onto left

SIDE SHUFFLE RIGHT, BACKWARD SHUFFLE, ROCK REPLACE & FORWARD, STEP TURN ½ RIGHT & ¼ RIGHT TOUCH LEFT TOE SIDE

1&2 Side shuffle right stepping right, left together and right to side
3&4 Left shuffle back stepping left, right and back on left
5&6 Rock back on right, replace weight forward to left, step forward right
7&8 Step forward left making a ½ turn right, replace weight to right in place, ¼ turn right touching left toe to left side

MOD SAILOR LEFT, SIDE BALL STEP, TWIST ½ LEFT, TWIST ½ RIGHT, FORWARD FULL TURN SHUFFLE

1&2 Cross left behind right, step right to side, forward onto left foot (mod sailor)
3&4 Step right to side, replace weight to left, step forward onto right
5-6 Rock back onto left twisting ½ turn left, rock forward onto right twisting ½ turn right
7&8 Roll forward a full turn right stepping left, right, step forward onto left

REPEAT
