

Sometimes...

COPPER KNOB
BY STEPHENETS

拍数: 32

墙数: 4

级数: Intermediate/Advanced west coast
swing



编舞者: Carole Daugherty (USA)

音乐: Sometimes - Michael Franti

LADY'S SUGAR PUSH, BACK-CROSS-BACK, BACK-CROSS-½ TURN LEFT

- 1-2 Walk forward right, walk forward left
3&4 Step ball of right back behind left, step left back across right, step back on right
5&6 Small step back left on left, step right back across left, larger step back left on left
7&8 Small step back right on right, step left back across right, larger step back on ball of right foot beginning ½ turn left, allowing left toes to sweep around to the left (6:00)

Styling: body angles slightly, allow free foot to kick/point forward at the same time as opposite foot takes larger step back and assumes weight

STEP: LEFT, RIGHT, ½ TURN LEFT, STEP: RIGHT, LEFT, FULL RIGHT SPIRAL, STEP RIGHT, LEFT STEPS ¼ RIGHT, KICK RIGHT ACROSS, BALL-CROSS-SIDE-CHECK

- 1&2 Complete ½ turn left from ct 8 above by stepping down on left, step forward on right, turn ½ left stepping forward on left
3&4 Step forward on right, prep step forward on left, full spiral turn right on ball of left foot
5&6 Step on right, turn ¼ right stepping left to left side, kick right low across left
&7&8 Step ball of right to right, step left forward across right, step wide to right on right, check step with left foot by sliding it together to meet right foot, (weight left) (3:00)

Clock point after completing this section: 3:00

2 STEP ½ TURN RIGHT-CHECK, SIDE-BEHIND-TOUCH, CROSS, ¼ LEFT, ¾ LEFT REVERSE ROLL WITH TOUCH

- 1&2 Step turning ¼ right on right foot, step left to left side turning ¼ right, check step with right foot by sliding it together to meet left foot, (weight right)
3&4 Step left to left, step right behind left, touch left toes across right facing angled to 12:00
5-6 Step left foot forward further across right foot, push right hip up right, step right foot back turning ¼ left
7&8 Step forward on left turning ½ left, step right to right side turning ¼ left, touch left toes next to right foot (9:00)

WALK: LEFT, RIGHT, LEFT ANCHOR STEP, ½ RIGHT TOUCH TURN, RIGHT ½ CHASE WITH CROSS

- 1-2 Step forward on left foot, step forward on right foot
3&4 Rock back on ball of left foot, recover on right, step on left foot
5-6 Turn ½ right lifting right hip to touch right toes forward, step down on right foot while pushing hips back
7&8 Step forward on left foot, turn ½ right on right, step left forward across right (9:00)

REPEAT

TAG:

Done once after 4th rotation, facing 12:00, during vocal break, add the 16 count tag, then restart from beginning

WALK: RIGHT, LEFT, BRUSH-LIFT-STEP, WALK: LEFT, RIGHT, BRUSH-LIFT-STEP

- 1-2 Step right foot forward across left, step left foot forward across right foot
3&4 Brush right foot forward, lift only the right hip slightly, step flat on right foot
5-6 Step left forward across right, step right forward across left
7&8 Brush left forward, lift only left hip slightly, step flat onto left foot

PIVOT ½ RIGHT, WALK LEFT, BRUSH-LIFT-STEP, WALK LEFT, RIGHT, RIGHT ½ CHASE WITH CROSS

- 1-2 Turn ½ right taking weight right, step left foot forward across right foot
- 3&4 Brush right foot forward, lift only the right hip slightly, step flat on right foot
- 5-6 Step left foot forward across right, step forward on right
- 7&8 Step left forward, turn ½ right onto right, step left forward across right foot
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