

Sweet Home

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Bernd Baumgarten
音乐: Sweet Home Alabama - Lynyrd Skynyrd



SIDE, CLOSE, SIDE TURNING ¼ RIGHT, CLOSE, KICK-BALL-CHANGE, QUICK CROSS ROCK & SIDE & ACROSS

- 1 Step right on right foot, bouncing hips to left and leaning body to right
- 2 Step on left foot beside right, straightening body
- 3 Step right on right foot, bouncing hips to left, leaning body to right and turning ¼ right
- 4 Step on left foot beside right, straightening body
- 5&6 Kick right foot forward, put weight partly on right ball beside left (lifting left heel), put left heel down and full weight on left, lifting right heel
- 7& Rock forward on right foot crossing in front of left, recover weight on left
- 8& Step right on right foot, rock forward on left foot crossing in front of right

SHUFFLE BACK RIGHT-LEFT-RIGHT, RONDE ½ LEFT & SHUFFLE LEFT-RIGHT-LEFT, STEP-¼-PIVOT, HEEL, HOOK

- 9&10 Step back on right foot, slide left foot beside right, step back on right foot
- &11&12 Turn ½ left, swinging left leg around, step forward on left foot, slide right foot beside left, step forward on left foot
- 13-14 Step forward on right foot turning ¼ left, step on left foot beside right
- 15&16 Touch floor in front with right heel, touch floor behind left with right toes

FOUR-STEP FULL TURN LEFT WITH WAIST GYRATION, VAUDEVILLE HOPS

- 17 Short step forward on right foot turning ¼ left, swinging waist to the left left-back
- 18 Short step forward on left foot turning ¼ left, swinging waist to the left right-front
- 19-20 Repeat 17-18
- 21& Step right foot across left, step left on left foot
- 22& Touch floor diagonally forward with right heel, close right foot beside left
- 23& Step left foot across right, step right on right foot
- 24& Touch floor diagonally forward with left heel, close left foot beside right

ACROSS, TOUCH SIDE, ACROSS, TOUCH SIDE, SHUFFLE ACROSS, TURN ½ LEFT & SHUFFLE ACROSS TURNING ¼ RIGHT

- 25-26 Step right foot crossing in front of left, touch left toes to left side
- 27-28 Step left foot crossing in front of right, touch right toes to right side
- 29&30 Wide step right foot crossing in front of left, slide left foot up to right, step right foot further across left
- &31&32 Turn ½ left, wide step left foot crossing in front of right, slide right foot up to left, step right foot further across left turning ¼ right

REPEAT