

Sweetpea Cha Cha

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Peter Metelnick (UK)
音乐: Better Man - The Warren Brothers



RIGHT FORWARD ROCK & RECOVER, RIGHT TOGETHER, LEFT SIDE ROCK & RECOVER, LEFT FORWARD ROCK & RECOVER, LEFT TOGETHER, RIGHT SIDE ROCK & RECOVER

- 1-2 Rock step right foot forward, rock back and recover weight on left foot
3&4 Step right foot together, step left foot to left side and rock, rock and recover weight on right foot
5-6 Rock step left foot forward, rock back and recover weight on right foot
7&8 Step left foot together, step right foot to right side and rock, rock and recover weight on left foot

RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, LEFT TOGETHER, LEFT BACK SHUFFLE, RIGHT HEEL-HITCH-HEEL

- 9-10 Step right foot forward, pivot ½ turn left
11-12 Step right foot forward, touch left toes together
Option for count 12: bring left foot up behind right left and touch inside of left foot to right ankle
13&14 Step left foot back, step right foot together, step left foot back
15&16 Touch right heel forward, raise right knee & bring right foot in front of left leg, touch right heel forward

Heel switch option for counts 15 & 16 &: touch right heel forward, step right foot together, touch left heel forward, step left foot together

VINE RIGHT 2, RIGHT SIDE SHUFFLE, LEFT CROSS ROCK & RECOVER, ½ LEFT TURNING SHUFFLE

- 17-18 Step right foot to right side, cross step left foot behind right
19&20 Step right foot to right side, step left foot together, step right foot to right side
21-22 Cross rock left foot over right, recover weight on right foot
23&24 Step left foot to left side turning ¼ left, step right foot together turning ¼ left, step left foot slightly to the right

VINE RIGHT 2, RIGHT SIDE SHUFFLE, LEFT CROSS ROCK & RECOVER, ¼ TURNING SHUFFLE

- 25-26 Step right foot to right side, cross step left foot behind right
27&28 Step right foot to right side, step left foot together, step right foot to right side
29-30 Cross rock left foot over right, recover weight on right foot
31&32 Step left foot to left side turning ¼ left, step right foot together, step left foot forward
Spinning option for counts 31 & 32: step left foot to left side turning ¼ left, turning ½ left step left foot forward, turning ½ left step left foot forward

REPEAT