

This Way

COPPER KNOB
BY STEPHEN B. BROWN

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Robin Madeley (UK) & Jan Madeley
音乐: Show Me The Way - The Bunch



Sequence: AABCB, AABC, AAA, BCC, BCC. on the 2nd repetition of C, counts 1 through 16 of C are repeated

PART A

SIDE, BEHIND, QUARTER, HALF, BACK, FORWARD, HITCH... AND CROSS

- 1-2 Step right foot to right side, step left foot behind right
3-4 Step right foot to right side making $\frac{1}{4}$ turn right; making a further $\frac{1}{2}$ turn to right stepping back on left.
5-6 Rock back on right, rock forward onto left
7&8 Hitch right knee slightly across left leg, step right slightly to right side, step left in front/across right

Step '7&8' is a very gentle "hitch... & cross" in time to the beat of the music.

"DRUNKEN SAILOR" WEAWE TRAVELING FORWARD; SIDE, STEP, BEHIND, SIDE, STEP, BEHIND, SIDE STEP

- 9 Step right (slightly) to right side
10 Step forward on left
11 Step right foot behind left, angling upper body to right
12 Step left foot to left side
13 Step right foot forward
14 Step left foot behind right, angling upper body to left
15 Step right to right side
16 Step forward on left

ROCK (RIGHT)FORWARD, (LEFT)BACK, (RIGHT)SHUFFLE BACK, FULL TURN, (LEFT)SHUFFLE FORWARD

- 17-18 Rock forward on right; rock back on left
19&20 Right shuffle back (right, left, right)
21-22 Full turn left, traveling backwards (left, right)
23&24 Left shuffle forward (left, right, left)

SKATE RIGHT, HOLD, CHASSE LEFT; REPEAT.

- 25-26 Skate step forward on right diagonal, and hold
27&28 Skate-style chasse forward on left diagonal (left, right, left)
29-30-31&32 Repeat steps 25 through 28

PART B

MONTEREY $\frac{1}{2}$ TURN, $\frac{1}{4}$ TURN, MONTEREY $\frac{1}{4}$ TURN, CROSS

- 1 Point right toe to right side
2 Bring right toe in, making a half turn to right, transferring weight from left foot to right foot
3 Point left toe out to left side
4 Bring left foot in, turning $\frac{1}{4}$ left, stepping on left foot besides right foot
5 Point right toe to right side
6 Bring right toe in, making a quarter turn to right, transferring weight from left foot to right foot
7 Point toe left to left side
8 Step left across right

& CROSS, POINT, CROSS, SIDE, KICK, ROCK, RECOVER, KICK

- &9 Complete a cross-shuffle, closing right next to left (&), cross-stepping left over right (9)
- 10 Point right toe to right side
- 11-12 Cross-step right over left; step left to left side
- 13 Kick right diagonally to right
- 14-15 Rock back on right, recover on left
- 16 Kick diagonally forward on right

PART C

FIGURE-EIGHT VINE TO RIGHT

- 1-2-3 Step right to right side, step left behind, step right to right side making $\frac{1}{4}$ turn right
- 4-5 Step forward (slightly across right) on left; pivot $\frac{3}{4}$ turn to right
- 6-7-8 Step left to left side, step right behind, step left to left side making $\frac{1}{4}$ turn left

STEP, HOLD, TURN, HOLD, HIP SWAYS DOWN AND UP (RIGHT, LEFT, RIGHT, LEFT)

- 9-10 Step forward on right; hold
 - 11-12 Make half turn to left keeping weight on right; hold
- Left toe will end up touching in front of right**
- 13-14 Moving body downwards (bending knees), sway hips right; then left
 - 15-16 Moving body upwards (straightening knees), sway hips right; then left (transferring weight forward onto left foot)

FIGURE-EIGHT VINE TO RIGHT

- 17-18-19 Step right to right side, step left behind, step right to right side making $\frac{1}{4}$ turn right
- 20-21 Step forward (slightly across right) on left; pivot $\frac{3}{4}$ turn to right
- 22-23-24 Step left to left side, step right behind, step left to left side making $\frac{1}{4}$ turn left

SIDE, HOLD, & SIDE, HOLD, HITCH & CROSS

- 25-26 Step right to right side; hold
- &27-28 Close left next to right (&); step right to right side (keeping weight on both feet) (27); hold (28)
- 29&30 Hitch right knee in front of left leg; make a small step to right side on right; step left slightly across right
- 31&32 Hitch right knee in front of left leg; make a small step to right side on right; step left slightly across right

When you finish the dance, the "hitch & crosses" are done in time with the guitar, and, if you want, are followed by a step to the right, pointing/dragging left toe and posing with arms!
