

Total Eclipse

COPPER **KNOB**
BY STEPHENETS

拍数: 48 墙数: 4 级数:
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音乐: Total Eclipse of the Heart - Nicki French



GRAPEVINE RIGHT

- 1 Step right foot to right side,
- 2 Cross step left foot behind right,
- 3 Step right to right side,
- 4 Step left foot next to right & clap

KNEE POPS

- 5 Bend right knee in,
- 6 Straighten right leg and bend left knee in at same time
- 7 Straighten left leg and bend right knee in
- 8 Straighten right leg and bend left knee in

GRAPEVINE LEFT

- 1 Step left foot to left side,
- 2 Cross step right foot behind left,
- 3 Step left foot to left side,
- 4 Step right foot next to left & clap

KNEE POPS

- 5 Bend left knee in,
- 6 Straighten left leg and bend right knee in at same time
- 7 Straighten right leg and bend left knee in
- 8 Straighten left leg and bend right knee in

½ TURNS LEFT

- 1-2 Step forward on right foot turn ½ to left,
- 3-4 Step forward on right foot turn ½ to left

FOUR SCOOTs FORWARD, STOMPS

- 5-8 With right knee hitched, scoot forward 4 times on left foot
- 1-2 Stomp right foot. Stomp left foot.

JUMP, CROSS, UNWIND ½ TURN, CLAP

- 3 Jump with feet apart
- 4 Jump crossing right foot in front of left,
- 5 Unwind ½ turn to the left
- 6 Clap hands.

JUMP FORWARD, CLAP

- &7 Jump forward onto right, step left next to right.
- 8 Clap hands.

KICK-BALL-TOUCHES

- 1&2 Kick right foot forward, step onto ball of right foot, touch left foot to left side.
- 3&4 Kick left foot forward, step onto ball of left foot, touch right foot to right side

HITCH & PUMP

- &5 Swivel left toes to right, while hitching right knee & pumping right toes down
- &6 Swivel left heel to right, while hitching right knee & pumping right toes down
- &7 Swivel left toes to right, while hitching right knee & pumping right toes down
- &8 Swivel left heel to right, while hitching right knee & pumping right toes down

FOUR ¼ TURNS LEFT

1-2 Step right foot forward, turn ¼ to left stepping in place on left

3-4 Repeat counts 1,2

5-6 Repeat counts 1,2

During turn move hips from left to right causing body roll action

7-8 Stomps-stomp right foot. Stomp left foot.

REPEAT
