

Tune It Up, Boys!

COPPER **NOB**
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Improver
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音乐: Rock the Boat - Chris Cagle



LEFT HEEL, LEFT BALL, ¼ PIVOT LEFT, RIGHT STOMP, RIGHT HEEL, RIGHT BALL, ¼ PIVOT RIGHT, LEFT STOMP

- 1 Touch left heel forward
- 2 Touch left ball of foot to left side, with left knee slightly bent to right
- 3 Pivot ¼ turn left, shifting weight to left
- 4 Stomp down right next to left
- 5 Touch right heel forward
- 6 Touch right ball of foot to right side, with right knee slightly bent to left
- 7 Pivot ¼ turn right, shifting weight to right
- 8 Stomp down left next to right

SWIVELS LEFT, SWIVETS RIGHT

- 1 Weight on balls of feet, swivel heels left
- 2 Weight on heels, swivel toes left
- 3 Weight on balls of feet, swivel heels left
- 4 Hold & clap
- 5 Swivel right heel right
- 6 Weight on right heel and left ball, swivel right toe right & left heel right
- 7 Weight on left heel and right ball, swivel left toe right & right heel right
- 8 Weight on balls of feet, swivel both heels to center (weight ends up on left)

STEP RIGHT, TOUCH LEFT BEHIND RIGHT, STEP BACK LEFT, TOUCH RIGHT HEEL FORWARD, STEP RIGHT SIDE, TOUCH LEFT HEEL FORWARD, STEP LEFT CENTER, TOUCH RIGHT BEHIND LEFT

- 1 Step right forward 45 degree angle right
- 2 Cross touch left toe behind right (bending body slightly forward) & clap
- 3 Step left back to center
- 4 Touch right heel forward at 45 degree angle right (leaning slightly back & turning body slightly left) & clap
- 5 Step right to right side
- 6 Touch left heel forward at 45 degree angle left (leaning slightly back & turning body slightly to right) & clap
- 7 Step left forward to center
- 8 Cross touch right toe behind left (bending body slightly forward) & clap

THREE STEP HITCH-SCOOTERS WITH THREE ¼ TURNS RIGHT, LEFT STEP, RIGHT STOMP

- 1 Step right making ¼ turn right
- 2 Hitch left knee while scooting slightly forward on right
- 3 Step left making ¼ turn right
- 4 Hitch right knee while scooting slightly forward on left
- 5 Step right making ¼ turn right
- 6 Hitch left knee while scooting slightly forward on right
- 7 Step forward left
- 8 Stomp down right next to left

REPEAT

RESTART

When using Rock the Boat, there is a restart on the fifth repetition of the dance, which will be the first time coming back around to the front wall. Do the first 16 counts, but instead of weight ending up on LEFT, change weight to RIGHT to start at the beginning with "Touch LEFT heel forward."
