

Us Chickens

COPPER **KNOB**
BY STEPHENETS

拍数: 80 墙数: 2 级数: Intermediate east coast swing
编舞者: Gretchen Studlien-Webb (USA)
音乐: Ain't Nobody Here but Us Chickens - B.B. King



STEP, STEP, ROCK STEP

1-6 Step right to right, hold, step left to left, hold, step right behind left, step left forward

STEP, STEP, ROCK STEP

1-6 Step right to right, hold, step left to left, hold, step right behind left, step left forward

STEP ¼ TURN RIGHT, STEP ¼ TURN RIGHT, ROCK STEP

1-6 Step right forward toeing out ¼ to the right (facing 3:00), hold, step left to the left side toeing in ¼ turn to the right (facing 6:00), hold, step right behind left, step left forward

STEP ¼ TURN RIGHT, STEP ¼ TURN RIGHT, ROCK STEP

1-6 Step right forward toeing out ¼ to the right (facing 9:00), hold, step left to the left side toeing in ¼ turn to the right (facing 12:00), hold, step right behind left, step left forward

KICK, STEP, KICK, STEP, HEELS, TOES, TOES, HEELS

1-4 Kick right forward, step right in place, kick the left forward, step the left in place

5-8 Rock back on heels and move toes open (making a v shape), take the weight forward on the toes and move the heels out to the sides (pigeon toed), take the weight forward on the toes and move the heels back in (making a v shape), rock back on heels and move toes back in to parallel

SHUFFLE FORWARD, ROCK FORWARD, COASTER STEP BACK AND CLAP

1&2 Step right forward, step left next to right, step right forward

3-4 Step forward on the left, step back on the right

5-8 Step back on the left, step on the right back beside the left, step the left forward, clap

SHUFFLE FORWARD ¼ TO RIGHT, SHUFFLE SIDEWAYS ¼ TO RIGHT, ROCK BACK

1&2 Step right forward toeing out to face the 3:00 wall, step left next to right, step right forward

3&4 Step left forward toeing in to face the 6:00 wall, step right beside left, step left to the left side

5-6 Step back on the right behind the left foot, step forward on the left

SHUFFLE FORWARD ¼ TO RIGHT, SHUFFLE SIDEWAYS ¼ TO RIGHT, ROCK BACK

1&2 Step right forward toeing out to face the 9:00 wall, step left next to right, step right forward

3&4 Step left forward toeing in to face the 12:00 wall, step right beside left, step left to the left side

5-6 Step back on the right behind the left foot, step forward on the left

HEEL, STEP, HEEL, STEP, STEP, STEP

1-2 Touch the right heel forward, step the right next to the left

3-4 Touch the left heel forward, step the left next to the right

5-6 Step right a short step forward, step left a short step forward

HEEL, STEP, HEEL, STEP, STEP, STEP

1-2 Touch the right heel forward, step the right next to the left

3-4 Touch the left heel forward, step the left next to the right

5-6 Step right a short step forward, step left a short step forward

STEP KICK, ROCK BACK, STEP KICK, ROCK BACK

1-2 Step on the right to the right side, kick the left leg out to the left side

Both arms push forward and to the left side with this step

3-4 Step back on the left behind the right foot, step forward on the right

5-6 Step on the left to the left side, kick the right leg out to the right side

Both arms push forward and to the right side with this step

7-8 Step back on the right behind the right foot, step forward on the left

TOE, HEEL, TOE, HEEL STEP, STEP, PIVOT, STEP

1-2 Step forward on the right toe, drop the right heel down

3-4 Step forward on the left toe, drop the left heel down

5-8 Step forward on the right, step forward on the left, pivot turn $\frac{1}{2}$ right and step the weight onto the right (facing 6:00), step forward on the left

REPEAT
