

Wade In The Water

COPPER KNOB
BY STEPHEN BATES

拍数: 32 墙数: 4 级数: Intermediate/Advanced
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音乐: Wade In the Water - Eva Cassidy



RIGHT TOE, ¼ TURN, KICK, TURNING COASTER (TOASTER STEP), SYNCOPATED SIDE BREAK, REVERSE 360 TUCK TURN

- 1-2-3 Touch right toe to right side twisting right knee in and leaving right toe where it is, pivot ¼ to right on left straightening right leg, kick right foot forward
- 4&5 Step back with right, step left next to right (starting to turn right), step right across and in front of left (completing ¼ right) (you are now facing 6:00)
- 6&7-8 Rock to left side, recover onto right, tuck ball of left foot behind right, on ball of left and heel of right turn full turn to left (you are still facing 6:00)

Easy option: step left next to right (7), touch right next to left (8)

HEEL - CROSS - SLIDE, REVERSE ½ TURN - HOOK, SYNCOPATED FULL TURN, ½ MONTEREY

- 1&2 Place right heel forward, cross ball of right across left with right instep on left shin, straighten right leg pushing left leg back and transferring weight onto left
- 3-4 Touch right toe back, pivot ½ turn to right on left foot hitching right foot below left knee (12:00)
- 5&6 Step forward on right starting full turn to right, step left next to right continuing turn, step forward right completing turn (6)

Easy option (right shuffle): step forward right (5), step left next to right (&), step right forward (6)

- 7-8 Point left foot to left side, pivot ½ turn to left on right foot touching left next to right (6:00)

SIDE AND CROSS, STEP SPIN, ROCK RECOVER, COASTER STEP

- 1&2 Rock left ball to left side, small step forward on right, step left across and in front of right
- 3-4 Step forward on right, bend left leg and hook left instep behind right calf pivoting ½ turn to right on right foot

This should be a smooth pivot/spin on one leg

- 5-6 Rock forward on left, recover onto right
- 7&8 Step back left, step right next to left, step forward left (12:00)

¼ TURN, POINT & HOLD, BODY ROLL, CONTRACTIONS

- 1-2 Pivot ¼ turn to left on left foot, point right to right side, hold
- 3-4 Body roll starting with chest, rolling forward on a right diagonal and dropping back on to left leg
- 5&6 Bend both knees and arch chest with shoulders back and buttocks back, contract chest in slightly starting to straighten legs, with legs straight arch chest with shoulders back and buttocks back
- &7&8 Contract chest in slightly, bend both knees and arch chest with shoulders back and buttocks back, contract chest in slightly starting to straighten legs, legs straight and arch chest with shoulders back and buttocks back (9:00)

REPEAT

TAG

Only when using Alan Jackson track. After walls 2, 5 and 8

THREE CROSS WALKS RIGHT, LEFT, RIGHT, PIVOT, STEP OUT AND HOLD

- 1-2 Cross walk forward right over left, hold
- 3-4 Cross walk forward left over right, hold
- 5-6 Cross walk forward right over left, hooking left instep behind right calf pivot ½ turn right on right leg

7-8

Step left to left side, step right to right side

Ready to start from beginning, right foot is already to the side, just twist knee in and go.
