

Wash Me Down

COPPER KNOB
BY STEPHENETS

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Frankie Cull (UK)
音乐: Take Me to the River - The Commitments



Sequence: A, B, AA, B, AAAA, B, A till the end ("Mustang Sally" by The Commitments need no restarts)

PART A

2 DRUNKEN SAILOR WALKS, RIGHT CHASSE, SAILOR, ¾ TURN RIGHT

- 1-2 Step right foot forward in front of left, step left foot forward in front of right
3&4 Step right foot to right side, step left foot next to right, step right foot to right side
5&6 Step left behind right, step right to right side, step left to left side (angle body to left in preparation for full turn to right)
7-8 Turn ¼ to right & step forward on right, continue turning another ½ right stepping back on left foot

¼ RIGHT WITH 2 HIP BUMPS, 2 'HIP' WALKS, ¾ TURN LEFT, CROSS WALKS BACK

- 9-10 Finish the full turn right stepping right to right side & bumping hips to right twice
11-12 Step left slightly forward to left diagonal with left hip bump; step right slightly forward to right diagonal with right hip bump
13-14 Turn ¼ to left & step forward on left, continue turning another ½ left stepping back on right foot
15-16 Step left foot back slightly behind right, step right foot back slightly behind left

REACH-PULL TWICE, SWAY FORWARD & BACK, COASTER STEP

- 17 Touch let toe back while reaching forward with both hands (at chest height, palms down)
18 Pull both (gripped) hands into chest (as if rowing), pressing hips forward, leaning shoulders slightly back with weight on left leg
& Bring right foot back to meet left taking weight on right foot and returning shoulders to center
19 Touch let toe back while reaching forward with both hands (at chest height, palms down)
20 Pull both (gripped) hands into chest (as if rowing), pressing hips forward, leaning shoulders slightly back with weight on left leg
21-22 Sway/rock weight forward (lead with chest) onto right foot & back onto left
23&24 Step back on right foot, step left next to right, right step forward

½ PIVOT TURN RIGHT, ROCK, RECOVER, TRIPLE ½ LEFT, 2 KICKS

- 25-26 Step left foot forward (punch both hands straight up in air palms forward), pivot ½ turn right. (drop both arms down to sides)
27-28 Rock/step forward on left, replace weight to right
29&30 Turn ½ turn left shuffling forward left, right, left
31& Kick right foot across in front of left (punch left fist straight up in the air) change weight onto right foot (bring arm down)
32& Kick left foot across in front of right (punch right fist straight up in the air) change weight onto left foot (bring arm down)

PART B

- 1-22 Repeat counts 1-22 of Part A