

The Way That You Are

COPPER **KNOB**
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Charles Richman (UK)
音乐: You Are - Emma Bunton



BOX STEP FORWARD, BOX STEP BACK (BOSSA NOVA BASIC)

1-4 Step left foot forward, hold, step right foot to the side, close left foot next to right foot
5-8 Step right foot back, hold, step left foot to the side, close right foot next to left foot

WEAVE TO LEFT, SIDE ROCK CROSS, HOLD

9-12 Step left foot to side, cross step right foot behind left foot, step left foot to side, cross step right foot over left foot
13-16 Rock left foot to the side, recover weight to right foot in place, cross step left foot over right foot hold

WHISK TO RIGHT, WHISK TO LEFT (CROSS BASIC)

17-20 Step right foot to the side, hold, cross step left foot behind right foot (ball of foot), replace weight on to right foot
21-24 Step left foot to the side, hold, cross step right foot behind left foot (ball of foot), replace weight on to left foot

CONTINUOUS VINE TO RIGHT MAKING ¾ TURN RIGHT, WALK WALK, HOLD

25-28 Step right foot to the side, cross step left foot behind right foot, make ¼ turn right and step right foot forward, step left foot forward
29-32 Pivot ½ turn right transferring weight to right foot, walk forward stepping left, right, hold

REPEAT

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At the end of walls 4 & 8 (you will be facing the front wall both times)

1-4 Step left foot to the side, close right foot next to left foot, cross step left foot over right foot, hold
5-8 Rock back on to right foot, recover weight forward on to left foot, rock back on to right foot, recover weight forward on to left foot

RIGHT SCISSOR STEP, HIP ROCKS

9-12 Step right foot to side, close left foot next to right foot, cross step right foot over left foot, hold
13-16 Rock back on to left foot, recover weight forward on to right foot, rock back on to left foot, recover weight forward on to right foot

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At end wall 9 (you will be facing 9:00)

HIP ROCKS

1-4 Rock forward on to left foot, rock back on to right foot, rock forward on to left foot, rock back on to right foot