

Weak In The Knees

COPPERKNOB
BY STEPHEN HETS

拍数: 48 墙数: 4 级数: Intermediate/Advanced
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音乐: I'm from the Country - Tracy Byrd



LOCKING TRIPLE STEPS, ½ TURN, FULL SPIN, WALK

- 1&2 Step right foot forward, lock-step left foot behind right foot, step right foot forward
3-4 Step left foot forward, turn ½ to right on ball of left foot and replace weight to right foot
5-6 Step left foot forward turning ½ to right (to the right), step back on right foot turning ½ to right (to the right)
7-8 Step forward left-right

SYNCOPATED HEEL-TOE TOUCHES, CROSS/STEP, HOLD, HEEL JACK

- 1 Touch left heel forward
&2 Step left foot home, touch right toe back
&3 Step right foot home, touch left foot to left (optional styling: turn left knee slightly to center)
&4 Step left foot home, touch right toe to right (optional styling: turn right knee slightly to center)
&5 Step back on right foot, cross-step left foot over right foot
6 Hold and snap fingers
&7 Step right foot diagonally back (diagonal right), touch left heel forward
&8 Step left foot home, touch right toe beside left foot

HEEL JACK, OUT-OUT, IN-IN MOVING BACKWARDS, TOE & HEEL FAN, RIGHT KNEE POP, ¼ TURN

- &1 Step right foot diagonally back (diagonal right), touch left heel forward
&2 Step left foot home, touch right toe beside left foot
&3 Step back on right foot, step left foot parallel to right foot and shoulder width apart
&4 Step back/center on right foot, step left foot together with right foot
5-6 Fan both toes to outside, fan both heels to outside
7-8 Pop right knee to center and look to left at same time, turn ¼ to right

STEP THEN FAN HEELS OUT, STEP THEN FAN HEELS IN, STEP THEN FAN HEELS OUT, LARGE RIGHT STEP TO RIGHT, TOUCH LEFT TOGETHER

- 1&2 Step left foot forward, fan both heels to outside, return heels home
3&4 Step right foot forward, fan both heels in, return heels home
5&6 Step left foot forward, fan both heels to outside, return heels home
&7 Flea hop on left foot, step large step to right on right foot
8 Drag and touch left toe beside right foot

CROSS, TURN, SIDE SHUFFLE, KNEE ROLLS MOVING BACKWARDS

- 1-2 Cross-step left foot over right foot, turn ¾ right rotating on balls of feet which remain in place
3&4 Step left foot to left side, step right foot beside left foot, step left foot to left side
5-6 Step back on right foot, rotate (roll) left knee to the outside and snap fingers at same time
7-8 Step back on left foot, rotate (roll) right knee to the outside and snap fingers at same time

CROSS, TURN, KNEE POPS, 1 AND ¼ PADDLE TURN

- 1-2 Cross-step right foot over left foot, turn ½ to left on balls of feet in place
3-4 Pop left knee to center, pop right knee to center
&5 Lift right knee, touch ball of right foot making slight turn to the left
&6 Continue paddle turn (same as &5)
&7 Continue paddle turn (same as &5)
&8 Continue paddle turn (same as &5) until completing 1 and ¼ turn to the left to new wall

REPEAT
