

When You Get Tore Up

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Roy Verdonk (NL)
音乐: All Jacked Up - Gretchen Wilson



FORWARD, TOE STRUTS RIGHT FOOT - LEFT FOOT WITH ROCKING CHAIR, TWICE

1&2& Touch right toe forward, step onto right heel, touch left toe forward, step onto left heel
3&4& Rock forward, on right foot recover onto left foot, rock back on right foot recover onto left foot
5-8& Repeat 1-4&

STEP FORWARD PIVOT ½ TURN LEFT, 2 WALKS FORWARD, SIDE ROCK & CROSS TWICE

1-2 Step forward on right foot, pivot ½ turn left
3-4 Walk forward right foot, left foot
5&6 Rock right foot to right, recover onto left foot, cross right foot over left foot
7&8 Rock left foot to left, recover onto right foot, cross left foot over right foot

CHASSE RIGHT WITH SWAYS, CHASSE LEFT WITH SWAYS

1&2 Step right foot to right, close left foot to right foot, step right foot to right
3-4 Sway hips left, right
5&6 Step left foot to left, close right foot to left foot, step left foot to left
7-8 Sway hips right, left

STRUTTING JAZZ BOX (WIDE) WITH ¼ TURN RIGHT, OUT OUT HOLD, IN IN HOLD

1&2& Touch right toe over left foot, step onto right heel, touch left toe back, step onto left heel
3&4 Making a ¼ turn right touch right toe forward, step onto right heel, left foot step next to right foot
&5-6 Jump slightly forward right foot, left foot (feet apart), hold
&7-8 Jump back into place right foot, left foot (feet together), hold

REPEAT

Fade out at 2:38
