

Work-A-Holic

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数:
编舞者: Chris Gibbons (UK)
音乐: Nice Work If You Can Get It - Burnin' Daylight



HEEL SWITCHES: RIGHT, LEFT, RIGHT, RIGHT HOOK, SWITCH: RIGHT, LEFT, RIGHT, RIGHT HOOK

1& Tap right heel forward, step right to place
2& Tap left heel forward, step left to place
3 Tap right heel forward
4 Hook right foot in front of left shin
5& Tap right heel forward, step right to place
6& Tap left heel forward, step left to place
7 Tap right heel forward
8 Hook right foot in front of left shin

OUT-OUT, HOLD, IN-IN, HOLD, ROCK FORWARD & BACK

&9 Step right to right side, step left to left side
10 Hold
&11 Step right to place, step left to place
12 Hold
13 Rock forward onto right
14 Rock back onto left
15 Rock back onto right
16 Rock forward onto left

RIGHT SHUFFLE FORWARD, STEP, PIVOT, LEFT TURNING SHUFFLE, ROCK BACK & FORWARD

17&18 Step right forward, step left next to right, step right forward
19 Step left forward
20 Pivot ½ turn right, stepping onto right foot
21&22 Stepping left, right, left, turn ½ turn right
23 Rock back onto right foot
24 Rock forward onto left

OUT-OUT, HOLD, IN-IN, HOLD, OUT-OUT, ROCK HIPS: LEFT, RIGHT, LEFT

&25 Step right to right side, step left to left side
26 Hold
&27 Step right to place, step left to place
28 Hold
&29 Step right to right side, step left to left side
30-32 Rock hips left, right, left

RIGHT LINDY, LEFT LINDY-WITH ¼ RIGHT TURN

33&34 Step right to right, step left next to right, step right to right
35 Rock back onto left foot behind right
36 Rock forward onto right foot
37&38 Step left to left, step right next to left, step left to left turning ¼ right, facing 9:00
39 Rock back onto right foot
40 Rock forward onto left foot

ROCK FORWARD & BACK, SWITCH, BACK & FORWARD, FORWARD & BACK, SWITCH, BACK & FORWARD

- 41 Rock forward onto right
- 42& Rock back onto left, step right next to left
- 43 Rock back onto left
- 44 Rock forward onto right
- 45 Rock forward onto left
- 46& Rock back onto right, step left next to right
- 47 Rock back onto right
- 48 Rock forward onto left

STROLL FORWARD TO RIGHT, STROLL FORWARD TO LEFT

- 49 Step diagonally forward on right
- 50 Lock left behind right
- 51 Step diagonally forward on right
- 52 Touch left next to right
- 53 Step diagonally forward on left
- 54 Lock right behind left
- 55 Step diagonally forward on left
- 56 Touch right next to left

OUT-OUT, HOLD, IN-CROSS, HOLD, UNWIND ½ LEFT, ROCK HIPS LEFT, RIGHT, LEFT

- &57 Step right to right side, step left to left side, keep weight on right foot
- 58 Hold
- &59 Step left to place, cross right over left and step on it
- 60 Hold
- 61 Unwind ½ turn left as you rock hips to right
- 62 Rock hips left
- 63 Rock hips right
- 64 Rock hips left

REPEAT
