

Working My Way Back

COPPERKNOB
BY STEPHEN

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Dougie D (UK)
音乐: Working My Way Back To You - The Detroit Spinners



Sequence: A, A, B, A, A, A, A

PART A

SHUFFLE LEFT, BACK ROCK, SHUFFLE RIGHT WITH ½ TURN, BACK ROCK

1&2 Shuffle left (left, right, left)
3-4 Rock back on right, rock forward on left
5&6 Shuffle right (right, left, right) with ½ turn right
7-8 Rock back on left rock forward on right

POINT LEFT TOE FORWARD & HOLD, POINT RIGHT TOE FORWARD & HOLD, POINT LEFT, RIGHT, LEFT TAP LEFT IN PLACE

1-2& Point left toe forward & in front of right hold for one count, step left beside right
3-4& Point right toe forward & in front of left hold for one count, step right beside left
5&6& Point left toe forward & in front of right, step left beside right, step right toe forward & in front of left, step right beside left
7-8 Point left toe forward & in front of right, tap left toe beside right

SHUFFLE FORWARD LEFT, SHUFFLE FORWARD RIGHT, JAZZ BOX WITH ½ TURN RIGHT

1&2 Shuffle forward left, right, left
3&4 Shuffle forward right, right, left, right
5-6 Step left across right, turning ¼ right, step back on right
7-8 Step left over right with ¼ turn right, step right beside left

STEP DIAGONALLY LEFT, FORWARD ON LEFT TAP RIGHT BEHIND LEFT STEP FORWARD ON LEFT SCUFF RIGHT & ANGLE BODY DIAGONALLY RIGHT, STEP FORWARD ON RIGHT TAP LEFT BEHIND RIGHT STEP FORWARD ON RIGHT, TAP LEFT BESIDE RIGHT & FACE FRONT

Rock body & arms in unison with these steps

1-2 Step forward diagonally left on left, step right behind left
3-4 Step forward diagonally left on left scuff right behind left & turn right diagonally right
5-6 Step forward diagonally right on right step left behind right
7-8 Step forward diagonally right on right turn body to front, tap left beside right

POINT TOES LEFT, RIGHT, LEFT HOLD, POINT TOES RIGHT, LEFT, RIGHT HOLD

1&2& Point left toe to left side, step left to right, point right toe to right side, step right beside left
3-4 Point left toe to left side, hold for one count
&5&6 Step left beside right, point right to right side, step right beside left, point left toe to left side
&7-8 Step left beside right, point right toe to right side, hold for one count

TWO HEEL JACKS LEFT, RIGHT, CROSS LEFT OVER RIGHT, HOLD. TWO HEEL JACKS RIGHT, LEFT, CROSS RIGHT OVER LEFT, HOLD

1&2 Step forward on left heel, step left beside right step forward on right heel
&3-4 Step right beside left, cross left over right, hold for one count
5&6 Step forward on right heel, step right beside left, step forward on left heel
&7-8 Step left beside right, cross right over left, hold for one count

SHUFFLE FORWARD LEFT, RIGHT LEFT STEP ½ TURN LEFT SHUFFLE FORWARD RIGHT, LEFT, RIGHT STEP ½ TURN RIGHT

- 1&2 Shuffle forward left, right, left. Step
- 3-4 Step forward on right, make ½ turn left
- 5&6 Shuffle forward right, left, right
- 7-8 Step forward on left make ½ turn right

RIGHT KICK BALL CROSS, SIDE STEP & SLIDE, LEFT KICK BALL CROSS, SIDE STEP & SLIDE

- 1&2 Kick right leg forward, step right beside left, cross left over right
- 3-4 Take long step right to right side, slide left to beside right
- 5&6 Kick left leg forward, step left beside right. Cross right over left
- 7-8 Take long step to left side slide right beside left

PART B

SHUFFLE LEFT, ROCK BACK/FORWARD, SHUFFLE RIGHT, ROCK BACK/FORWARD, REPEAT SECTIONS TWO, FIVE, SIX, SEVEN EIGHT

- 1&2 Shuffle left (left, right, left)
 - 3-4 Rock back on right, rock forward on left
 - 5&6 Shuffle right (right, left, right)
 - 7-8 Rock back on left, rock forward on right
 - 9-48 Repeat sections two, five, six, seven & eight of Part A
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