

You're My Jamaica

COPPER KNOB
BY STEPHEN BRETZ

拍数: 64 墙数: 2 级数: Improver social cha
编舞者: Paul Lipinski (USA) & Noel Castle (AUS)
音乐: You're My Jamaica - Charley Pride



RIGHT FORWARD PIVOT ½ LEFT, SHUFFLE RIGHT-LEFT-RIGHT, LEFT FORWARD PIVOT ½ RIGHT, SHUFFLE LEFT-RIGHT-LEFT (12:00)

1-2 (Starts weight on left) step right forward, pivot left ½ turn on left foot (6:00)
3&4 Step right forward, step left together, step right forward
5-6 Step left forward, pivot ½ turn right on right foot (12:00)
7&8 Step left forward, step right together, step left forward

CROSS ROCK RIGHT OVER LEFT, RECOVER BACK LEFT, TRIPLE RIGHT-LEFT-RIGHT, CROSS ROCK LEFT OVER RIGHT, RECOVER BACK RIGHT, ½ LEFT TRIPLE (6:00)

1-2 Cross rock right over left, recover weight on left (on diagonal 10:30)
3&4 Step right beside left, step left in place, step right in place (recovering to 12:00)
5-6 Cross rock left over right, recover weight on right (on diagonal 1:30)
7&8 Step left back starting ½ turn left, close right to left, step left completing turn (6:00)

CROSS RIGHT OVER LEFT, STEP LEFT SIDE, TRIPLE ¾ RIGHT RIGHT-LEFT-RIGHT, LEFT TO DIAGONAL SWAYING HIPS LEFT-RIGHT, SWAY HIPS LEFT-RIGHT-LEFT (3:00)

1-2 Cross right over left, step left side
3&4 Step right back starting ¾ turn right, step left next to right, step right to right completing ¾ turn (3:00)
5-6 Step left slightly forward on diagonal (1:30) swaying hips forward/left, recover weight right swaying hips back/right
7&8 With feet in same position sway hips forward/left - back/right - forward/left, weight ends on left

Optional: for counts 5-8, on the 2nd, 4th, and 5th walls (during the chorus) hold arms out to sides as if you were trying to keep your balance on a rocking ship. Lyrics are "... When I'm being tossed on a stormy sea")

CROSS ROCK RIGHT OVER LEFT, RECOVER BACK LEFT, ¼ RIGHT & SIDE SHUFFLE RIGHT-LEFT-RIGHT, CROSS LEFT OVER RIGHT STEP RIGHT SIDE, LEFT SAILOR (6:00)

1-2 Cross rock right over left, recover weight on left
3&4 Step right to right making a ¼ turn right (6:00), step left together, step right to right
5-6 Step left over right, step right to right
7&8 Sailor step left behind right, step right to right, step left next to right

ROCK RIGHT FORWARD, RECOVER BACK LEFT, SHUFFLE ½ RIGHT RIGHT-LEFT-RIGHT, ROCK LEFT FORWARD, RECOVER BACK RIGHT, SHUFFLE ½ LEFT LEFT-RIGHT-LEFT (6:00)

1-2 Rock forward on right, recover weight on left
3&4 Step right starting ½ turn right, close left to right, step right completing turn (turning shuffle)(12:00)
5-6 Rock forward on left, recover weight on right
7&8 Step left starting ½ turn left, step right next to left, step left completing turn (turning shuffle) (6:00)

Optional: on the 2nd, 4th, and 5th walls (during the chorus) hold arms out to sides, shoulder height, with hands open upwards for this shuffle turn (7&8) and the next shuffle turn (1&2). Lyrics are "... Where I could spend eternity"

SHUFFLE ½ LEFT RIGHT-LEFT-RIGHT, ROCK LEFT BACK, RECOVER RIGHT FORWARD, WALK FORWARD LEFT-RIGHT, SHUFFLE ½ RIGHT LEFT-RIGHT-LEFT (6:00)

1&2 Step right starting ½ turn left, step left next to right, step right completing turn (turning shuffle) (12:00)

- 3-4 Rock back on left, recover weight on right
- 5-6 Walk forward left-right
- 7&8 Step left starting ½ turn right, step right next to left, step left completing turn (turning shuffle) (6:00)

ROCK RIGHT BEHIND LEFT, RECOVER LEFT, SIDE SHUFFLE RIGHT-LEFT-RIGHT, ROCK LEFT BEHIND RIGHT, RECOVER RIGHT, SIDE SHUFFLE LEFT-RIGHT-LEFT (6:00)

- 1-2 Rock step right behind left, recover weight on left
- 3&4 Step right side, step left next to right, step right side
- 5-6 Rock step left behind right, recover weight on right
- 7&8 Step left side, step right next to left, step left side

RIGHT TO DIAGONAL SWAYING HIPS RIGHT-LEFT, SWAY HIPS RIGHT-LEFT-RIGHT, LEFT TO DIAGONAL SWAYING HIPS LEFT-HOLD, CIRCLE HIPS TO THE LEFT (6:00)

- 1-2 Step right slightly forward on diagonal (1:30) swaying hips forward/right, recover weight left swaying hips back/left
- 3&4 With feet in same position sway hips forward/right - back/left - forward/right, weight ends on right
- 5-6 Step left slightly forward on diagonal (10:30) while swaying hips forward/left, hold on count 6
- 7-8 Keeping weight on left circle hips to the left (to the left)

Optional: on counts 7-8 while circling hips put left hand on your abdomen and hold right hand up in the air

REPEAT

TAG

At end of second wall. You are facing front. (music is instrumental only) repeat steps 1-8 & steps 57-64
