

You're The 1 (Intermediate Version)

COPPER KNOB
BY STEPHEN SUNTER

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Whole Again - Atomic Kitten



BACK ROCK, FORWARD, ½ TURN, STEP FORWARD, CROSS STEP, BACK, SIDE, IN FRONT

1-2 Rock back right looking back over right shoulder, replace weight to left
3& Turn ½ left on ball of left and step back right, step back left
4 Cross touch right over left
5-6 Step forward right, cross step left over right
7&8 Step right back, step left to left, cross step right over left

SIDE ROCK, ¼ TURN, SHUFFLE FORWARD, RIGHT ROCK STEP, ½ TURN, SPIN TOGETHER

1-2 Rock out to left, turning ¼ right replace weight to right
3&4 Shuffle forward left, right, left
5-6 Rock forward right, replace weight to left
7 Turn ½ right on ball of left foot and step forward right
8 Spin ½ turn on ball of right foot and step left next to right

ROCK BACK, WALK FORWARD, FULL MONTEREY TURN, SIDE ROCK CROSS

1-2 Rock back right, replace weight to left
3-4 Walk forward crossing right over left, left over right
5 Point right to right side
6 On ball of left make a full turn to the right stepping right next to left
7&8 Rock out to left on left, replace weight to right, cross step left over right

WALK ROUND IN A CIRCLE, ROCK STEP, WALK BACK

1-4 Using 4 counts, walk round in a circle: right, left, right, left
5-6 Rock forward right, replace weight to left
7-8 Walk back right, walk back left

REPEAT
