

Jay Mo

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver west coast swing
编舞者: Nikki Wyllie (USA)
音乐: You Da Man - Jameson Clark



POINT, CROSS, POINT, CROSS, FORWARD ROCK STEP, COASTER WITH ¼ TURN RIGHT

1-2 Point right foot out to side (keep weight on left foot), cross right foot forward over left
3-4 Point left foot out to side (keep weight on right foot), cross left foot forward over right
5-6 Rock right foot forward, recover weight on left
7&8 Step back on right, step left next to right, ¼ turn right on right

POINT, CROSS, POINT, CROSS, FORWARD ROCK STEP, LEFT COASTER STEP

1-2 Point left foot out to side (keep weight on right foot), cross left foot forward over right
3-4 Point right foot out to side (keep weight on left foot), cross right foot forward over left
5-6 Rock left foot forward, recover weight on right
7&8 Step back on left, step right next to left, step forward on left

HIP ROLL TO THE RIGHT TWICE, RIGHT VINE

&1-2 Touch right foot slightly forward, with weight on left roll hips to the right
3-4 Roll hips to the right
5-6 Step right on right, cross left behind right
7-8 Step right on right, touch left slightly forward (set up for hip roll)

HIP ROLL TO THE LEFT TWICE, TRIPLE SIDE, BACKWARD ROCK STEP

1-2 Roll hips to the left
3-4 Roll hips to the left
5&6 Step left on left, step right next to left, step left on left
7-8 Rock back on right foot, recover weight on left

REPEAT

HIP ROLL ALTERNATIVES:

#1: push hips: forward, backward, forward, backward
#2: rocking chair: rock forward, recover, rock backward, recover
#3: body rolls: forward or side
