

Just A Dance

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Paulette Hylands (UK)
音乐: Just A Dance - Deborah Cox



STEP FORWARD, SLIDE BACK, STEP, SCUFF RIGHT, STEP FEET OUT RIGHT, LEFT, KNEE FANS

1-2 Step right leg forward bending right knee, keeping left leg straight, begin sliding right back toward left

3-4 Step right beside left, step forward on left

While sliding right back, straighten right leg and slowly pop left knee forward lifting left heel off the ground

5&6 Scuff right foot, step right out to right side, step left out to left side

&7&8 Turn both knees to point outwards, turn both knees to point inwards, turn both knees to point outwards, turn both knees to point inwards

KICK BALL POINT, PIVOT ¼ LEFT, PIVOT HALF ½ RIGHT, FLICK, MASHED POTATO, HITCH, STEP

1&2 Kick right forward, step right beside left, point left to left side

3-4 On ball of right foot pivot ¼ left keeping left toes pointed out, on ball of right pivot ½ turn right flicking left foot out to the back

5&6 Step left forward turning heel inward while swiveling right heel in, swivel right heel outward while flicking left heel to left side, step left backwards turning heel inward while swiveling right heel inward

&7 Swivel left heel outward while flicking right heel to right side, step right backwards turning heel inward while swiveling left heel inward

&8 Hitch left leg while swiveling right heel outward, step left in place while swiveling right heel in place

WALKS WITH SHOULDER LIFTS, STEP FORWARD, KICK BALL POINT, HITCH

1&2& Step forward on right, lift right shoulder, lift left shoulder, lift right shoulder

3&4& Step forward on left dropping left shoulder, lift left shoulder, lift right shoulder, lift left shoulder

5-6 Step forward on right dropping left shoulder, kick left foot forward

&7-8 Step left beside right, point right to right side, hitch right

SIDE STEP, POINT, ¼ RIGHT, POINT, ¼, POINT, STEP DOWN, TOUCH

1-2 Step right to right side, touch left to left diagonal

3-4 Step left ¼ right, touch right forward

5-6 Step right ¼ right, touch left to left diagonal

7&8 Kick left foot out, step left beside right, touch right beside left

REPEAT