

Just A Day

COPPER KNOB
BY FEEDERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Steven Bray
音乐: Just a Day - Feeder



SHUFFLE, STEP TURN, SHUFFLE, STEP TURN

1&2 Step right to right side, step left beside right, step right to right side
3-4 Step forward on left, make ½ turn right
5&6 Step left to left side, step right beside left, step left to left side
7-8 Step forward on right, make ½ turn left

SAILOR TURN, SAILOR STEP, SHUFFLE, LEFT CHARLESTON

9&10 Step right behind left making ¼ turn right, step forward left making ¼ turn right, step right to right side making ¼ turn right
11&12 Step left behind right, step forward right, step left to left side
13&14 Step right to right side, step left beside right, step right to right side
15-16 Touch left toe forward, step back on left making ¼ turn left

HAND JIVE, ARMS CROSS, DROP, KNEE PUMPS

17&18 Touch right hand to front of left shoulder, touch front of right shoulder, drop hand straight down to right side
19&20 Touch left hand to front of right shoulder, touch front of left shoulder, drop hand straight down to left side
21-22 Make fists and raise both arms, crossing right over left in front of chest; drop hands straight down to sides
23&24 Pump left fist down and right fist up while raising right knee twice (right foot does not touch floor)

SLIDE, SLIDE, KICK, KICK, FOOT TWISTS

25-26 Step right to right side making 45 degrees turn left, slide left beside right
27-28 Step left to left side making 45 degrees turn left, slide right beside left
29-30 Kick right forward, kick right to right side
31&32 Twist right behind left knee, twist right out, twist right in front of left knee (hold: 6th wall only)

REPEAT
