

It's Supernatural

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Terri Alexander (USA)
音乐: Supernatural - Raven-Symoné



LEFT FORWARD, OUT OUT, KNEE IN OUT DOWN, TOE HEEL TWISTS

1&2 Step left forward, step right forward and out to right side, step left forward and out to left side
3&4 On toe of right turn right knee in toward left knee, pivoting on toe of right- turn right knee out to right side, drop right heel down (weight to right)
5-6 Turn left toe to right, turn left heel to right
7 Turn left toe to right at same time step right to right (right toe still pointed to right toward 3:00)
& Turn left heel to right at same time bend both knees (knees pointed out to sides)
8 Turn left toe to right at same time step right to right (right toe still pointed to left toward 3:00)
& Turn left heel to right at same time bend both knees (knees pointed out to sides) 12:00

LUNGE, TURN ¼, SYNCOPATED ½ TURN, ROCK, ¼ TURN, HIP PUSHES

1-2 Lunge to right (left leg extended, right knee bent), push weight back to left turning ¼ left
3&4 Step right forward, turn ½ left stepping left forward, step right forward
5-6 Rock left forward, turning ¼ right step weight to right 6:00
7&8 Pushing hips left: step left to left, slide right to left, step left to left

Restart here: replace count &16 with push hips right (weight to right)

STEP TOUCH RIGHT & LEFT, ¼ TOUCH POINT, ¼ STEP FULL TURN STEP TOUCH

1&2& Step right to right, touch left beside right, step left to left, touch right beside left
3&4 Turn ¼ to right stepping right forward, touch left beside right, point left to left side 9:00|cok
5-6 Turning ¼ to left step left forward, step right forward
&7 (Full turn) pivot ½ to left stepping left forward, pivot ½ to left stepping right back
&8 Step left beside right, touch right beside left 6:00

STEP RIGHT, ROCK RECOVER, WEAVE LEFT, TOE DROP, TURN ¼, ½, ½

1-2& Step right to right, rock left behind right, recover on right
3&4 Step left to left, step right behind left, step left to left
5&6 Touch right toe to right, drop right heel (taking weight), step on left (angle left prepping for turn)
7&8 Turn ¼ to right stepping right forward, turn ½ to right stepping left back, turn ½ to right stepping right forward (9:00)

REPEAT

RESTART

Restart once during 3rd rotation of dance. Dance counts 1-15, replace count &16 with:

16 Push hips right (weight to right)