

It's You Baby!

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver
编舞者: Lauren Boyle (USA)
音乐: Unknown



Start with the right toe pointing out to the right side!!

ROMP--& CROSS & BACK RIGHT, & CROSS & BACK LEFT, & CROSS & BACK RIGHT, & WALK (RL)

- &1 Bring the right foot in toward the left and step. Cross the left foot over the right
- &2 Step back on the right foot and tap left heel forward
- &3 Step forward on the left foot and cross the right foot over the left
- &4 Step back on the left foot and tap right heel forward
- &5 Step forward on the right foot and cross the left foot over the right
- &6 Step back on the right foot and tap left heel forward
- &7-8 Step forward on the left foot. Walk forward right-left

HIPS FORWARD (TWICE), BACK (TWICE) WITH ¼ TURN LEFT, SWITCH RIGHT & LEFT & TURN ¼ LEFT, STOMP LEFT

- 1-2 Step forward on the right foot and push the right hip forward, twice
- 3-4 Push the left hip back, twice, turning ¼ turn to the left
- 5& Tap the right foot forward. Draw the right foot next to the left
- 6& Tap the left foot forward. Draw the left foot next to the right
- 7 Step forward on the right foot
- 8 Pivot ¼ turn to the left and stomp the left foot. (take weight)

RIGHT KNEE-KNEE, TURN ¼ LEFT & PUSH HIP BACK (TWICE), RIGHT HEEL-TOE, HIP/BODY ROLL ½ TURN RIGHT

- 1-2 Bring the right knee in to the left knee, twice
- &3-4 Turn ¼ turn to the left and push the right hip back, twice
- &5 Shift weight forward to the left foot. Tap the right heel forward.
- 6 Touch the right toe back
- 7-8 Pivot ½ turn to the right. (use a hip roll or body roll in the turn)

CHARLESTON-BACK RIGHT, TOUCH LEFT, FORWARD LEFT, TOUCH RIGHT, PADDLE TURN 1 & ¼ LEFT

- 1-2 Step back on the right foot. Touch the left toe back
- 3-4 Step forward on the left foot. Touch the right toe out to the right
- &5 Lift the right knee turning to the left, touch the right toe out to the right side
- &6&7&8 Repeat steps &5 until you complete a 1 and ¼ turn to the left

REPEAT
