

In My Pocket

COPPER KNOB
BY STEPHEN METZ

拍数: 0 墙数: 4 级数: Intermediate
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音乐: In My Pocket - Mandy Moore



Sequence: AAB, AAA, C, A to the end

SECTION A

ROCK FORWARD, IN PLACE, ½ RIGHT, PIVOT ¼ RIGHT, POINT LEFT, LEFT CROSS, STEP RIGHT TWICE

- 1-2 Rock forward on the right foot, step back in place with the left
- 3-4 Step forward on the right foot ½ turn right, pivot on the right foot ¼ turn right point the left foot to the left side
- 5-6 Cross the left in front of the right bending the knees, step the right foot to the right side while clicking fingers straighten up
- 7-8 Cross the left in front of the right bending the knees, step the right foot to the right side while clicking fingers straighten up

ROCK FORWARD, & ROCK SIDE, & ROCK FORWARD, & STEP LEFT ¼ LEFT, PIVOT ¼, SAILOR STEP, BEHIND, ¼ LEFT

- 1&2& Rock the left foot diagonally forward and across the right, step in place right, rock the left to the left side, step in place right
- 3&4 Rock the left foot diagonally forward and across the right, step in place right, step forward on the left foot ¼ turn left
- 5 Pivot on the left foot ¼ turn left (weight left)
- 6&7 Step the left foot behind the right, step in place with the right, step the left foot next to the right
- &8 Step the right foot behind the left, step forward on the left foot a ¼ turn left

SHUFFLE DIAGONALLY RIGHT, LEFT ROCK AND HIP, SHUFFLE DIAGONALLY RIGHT, PIVOT ½ TOUCH LEFT, POINT LEFT

- 1&2 Step forward right, step the left next to the right, step forward on the right foot
- 3&4 Rock forward on the left foot, replace weight right, step the left next to the right pushing hips back
- 5&6 Step forward right, step the left next to the right, step forward on the right foot
- 7-8 Pivot ½ right on the right foot touching left beside right cross arms over chest, point the left foot to the left side click fingers

STEP-LOCK-FORWARD, ROCK AND ½ RIGHT, PIVOT ¼, ½ RIGHT, POINT, TOUCH, POINT

- 1&2 Step forward left, lock the right behind the left, step forward left
- 3&4 Rock forward on the right foot, in place left, pivot on the left foot ½ turn right stepping forward right
- 5-6 Pivot on the right foot ¼ turn right stepping to the side left, pivot on the left foot ½ turn right touching right beside left
- 7&8 Point right to right side, touch right next to left, point right to right side

SECTION B

½ TURN, TOGETHER, POINT LEFT, TOGETHER, POINT RIGHT, ½ TURN, TOGETHER, POINT LEFT TOGETHER, ARMS

- 1-2 Pivot on the left foot ½ turn right replacing weight right, point left foot to the left (Monterey turn)
- 3-4 Step the left foot next to the right, point the right foot to the right side

- 5-6 Pivot on the left foot ½ turn right replacing weight right, point left foot to the left (Monterey turn)
- 7&8 Step the left next to the right, reach both arms up, pull fists down to chest

SECTION C

STEP, BEHIND, SIDE, TOGETHER, RIGHT ROCK AND STEP FORWARD, LEFT ROCK AND STEP FORWARD

- 1-2 Step the right foot to the right side, cross the left foot behind the right
- 3-4 Step the right foot to the right side, step together with the left
- 5&6 Rock forward on the right foot, step in place with the left, step together with the right
- 7&8 Rock forward on the left foot, step in place with the right, step the left foot behind the right heel

CROSS, SIDE, BEHIND, SIDE, RIGHT ROCK AND STEP FORWARD, LEFT ROCK AND STEP FORWARD

- 1-2 Cross the right foot in front of the left, step the left foot to the left side
- 3-4 Step the right foot behind the left, step left foot to the left side
- 5&6 Rock forward on the right foot, step in place with the left, step together with the right
- 7&8 Rock forward on the left foot, step in place with the right, step the left foot behind the right heel
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