

I Hope

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Derrick Walker (USA)
音乐: I Hope - The Chicks



(RIGHT) FORWARD TOUCH, TOGETHER, SIDE TOUCH, TOGETHER, ANGLED-STEP FORWARD, LOCK, TRIPLE STEP

- 1-4 Touch right toe forward, right foot center next to left foot, touch right toe to right side, right foot center next to left foot
5-6 Step forward diagonally on right foot, lock left foot behind right foot
7&8 Step forward on right foot diagonal, step left next to right foot, step right foot forward diagonal

(LEFT) FORWARD TOUCH, TOGETHER, SIDE TOUCH, TOGETHER, ANGLED-STEP FORWARD, LOCK, TRIPLE STEP

- 1-4 Touch left toe forward, left foot center next to right foot, touch left toe to left side, left foot center next to right foot
5-6 Step forward diagonally on left foot, lock right foot behind left foot
7&8 Step forward on left foot diagonal, step right next to left foot, step left foot forward diagonal

RIGHT HEEL FORWARD, CROSS, HEEL FORWARD, TOGETHER, REPEAT WITH LEFT FOOT

- 1-4 Right heel forward, right foot crosses left leg with the toe pointing down, right heel forward, right foot center next to left foot
5-8 Left heel forward, left foot crosses right leg with the toe pointing down, left heel forward, left foot center next to right foot

STEP, KICK, SHUFFLE BACK, WALK BACKWARDS WITH KNEES BEND/FLEX

- 1-2 Step left foot forward, kick right foot forward
3&4 Shuffle back right-left-right
5-8 Walk back left-right-left-right as you bend/flex knees

COASTER STEP, HEEL FORWARD, TOE BACK, FORWARD STEP, HEEL FORWARD, TOE FRONT, ¼ TURN WITH FOOT TOGETHER

- 1&2 Step left foot back, step right foot next to left foot, step left foot forward
3-4 Bring right heel forward, touch right toe back
5 Step right foot forward
6-7-8 Bring left heel forward, point left toe in front of right foot, ¼ turn to right stepping down on left foot

SAILOR SHUFFLE, SAILOR SHUFFLE, FORWARD SHUFFLE, FORWARD SHUFFLE WITH ¼ RIGHT

- 1&2 Cross right behind left foot, step left foot to left side, step right foot to right side
3&4 Cross left behind right foot, step right foot to right side, step left foot to left side
5&6 Shuffle forward right-left-right
7&8 Shuffle forward left-right-left making ¼ turn right

KICK-BALL-TOUCH 4X (1/8 ON 5&6, 7&8 TO MAKE ¼ TURN)

- 1&2 Kick right foot forward, step right foot next to left, touch right toe back (do a little squat as you touch right back)
3&4 Kick left foot forward, step left foot next to right, touch left toe back (do a little squat as you touch left back)
5&6 Same as 1&2 (do a 1/8 turn to right as you kick-ball-touch)
7&8 Same as 3&4 (do a 1/8 turn to right as you kick-ball-touch)

FORWARD SHUFFLE, FORWARD SHUFFLE, WALK FORWARD WITH KNEES BEND/FLEX

1&2 Shuffle forward right-left-right

3&4 Shuffle forward left-right-left

5-8 Walk forward right, left, right, left as you bend/flex your knees

REPEAT
