

Higher Ground

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver east coast swing
编舞者: Nancy Morgan (USA)
音乐: Higher Ground - Red Hot Chili Peppers



HEEL AND HEEL AND KICK, KICK, REPEAT

- 1&2 Touch right heel forward, put right next to left as you touch left heel forward
- &3-4 Put left next to right as you kick your right foot forward twice
- &5&6 Put right foot next to left as you touch left heel forward, put left next to right as you touch right heel forward
- &7-8 Put right next to left as you kick your left foot forward twice

FORWARD ROCK, ½ TURN SHUFFLE, JAZZ BOX SQUARE WITH A TOUCH

- &1-2 Put left next to right as you rock-step forward on right and back on left
- 3&4 As you turn ½ turn to your right, shuffle forward
- 5-6-7-8 Cross left over right, step back on right, step left to left side, touch right foot next to left

SIDE SHUFFLE, ROCK STEP, VINE LEFT WITH ¼ TURN

- 1&2 Side shuffle to right - step right to right side, step left next to right, step right to right side
- 3-4 Rock back on left and for on right
- 5-6-7-8 Vine left with ¼ turn - step left to left side, step right behind left, step left foot forward as you turn ¼ turn to your right, slightly brush right foot forward

HEEL AND HEEL AND KICK FORWARD, KICK BACK, ½ TURN STEP, LOCK, STEP, STOMP

- 1&2 Touch right heel forward, put right next to left as you touch left heel forward
- &3 Put left next to right as you kick your right foot forward as you lean your body back
- 4 Kick your right foot straight back as you lean your body forward (this is to counter your balance)
- 5-6-7-8 As you turn ½ turn to your right, set right foot down, lock left foot behind right, step right foot forward, stomp left next to right

REPEAT
