

Heat Of The Dance

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lorraine Susan Taylor (UK)
音乐: Storyline - Raddings & Moore



RUMBA BASICS

1-4 Step right foot forward, rock back onto left foot, step right foot back, hold for one beat
5-8 Step left foot back, rock forward onto right foot, step left foot forward, hold for one beat

PIVOT TURN, CUBAN WALKS

1-2 Step right foot forward, pivot $\frac{1}{2}$ turn to left taking weight onto left foot
3-4 Step right foot forward, hold for one beat
5-8 Walk forward three small steps left right left (bump hips left right left) hold for one beat

HEEL JACK, CROSS HOLD, CROSS SHUFFLE

1-2 Step right foot to right, cross left foot behind right foot
&3-4 Small step back right foot, touch left heel diagonally forward, hold one beat
&5-6 Small step back left foot, cross right foot in front of left foot, hold one beat
&7 Step left foot to left, (small steps), cross right foot over left foot
&8 Step left foot to left, (small steps), cross right foot over left foot

HEEL JACK, CROSS HOLD, CROSS SHUFFLE

1-2 Step left foot to left, cross right foot behind left foot
&3-4 Small step back left foot, touch right heel diagonally forward, hold one beat
&5-6 Small step back right foot, cross left foot in front of right foot, hold one beat
&7 Step right foot to right (small step), cross left foot over right foot
&8 Step right foot to right (small step), cross left foot over right foot

SHIMMY RIGHT & LEFT, PADDLE TURN, CROSS ROCK, TRIPLE $\frac{1}{2}$ TURN, TO RIGHT

1-4 Step right foot to right & shimmy for two beats, tap left foot to right foot
5-8 Step left foot to left & shimmy for two beats, tap right foot to left foot
9-12 Step right foot forward, pivot $\frac{1}{8}$ turn to left, step right foot forward, pivot $\frac{1}{8}$ turn to left
13-14 Cross right foot over left foot, rock back onto left foot
15&16 Step right left right turning $\frac{1}{2}$ to right

SHIMMY LEFT & RIGHT, PADDLE TURN, CROSS ROCK, TRIPLE $\frac{1}{2}$ TURN TO LEFT

1-4 Step left foot to left & shimmy for two beats, tap right foot to left foot
5-8 Step right foot to right & shimmy for two beats, tap left foot to right foot
9-12 Step left foot forward, pivot $\frac{1}{8}$ turn to right, step left foot forward, pivot $\frac{1}{8}$ turn to right
13-14 Cross left foot over right foot, rock back onto right foot
15&16 Step left right left turning $\frac{1}{2}$ to left

REPEAT
