

Here & Now

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 2 级数: Improver
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音乐: Living In The Here And Now - Darryl Worley



WALK FORWARD 2, RIGHT FORWARD, ½ LEFT TURN, RIGHT FORWARD SHUFFLE, LEFT FORWARD, ¼ RIGHT TURN

1-2 Step right forward, step left forward
3-4 Step right forward, turn ½ left (weight to left)
5&6 Step right forward, step left together, step right forward
7-8 Step left forward, turn ¼ right (weight to right) (9:00)

WEAVE RIGHT 2, LEFT SAILOR STEP, WEAVE BACK 4

1-2 Cross step left over right, step right to side
3&4 Cross step left behind right, step right side, step left side
5-8 Cross step right over left, step left back, step right back, cross step left over right

RIGHT BACK, ¼ LEFT & LEFT SIDE, RIGHT CROSS ROCK & RECOVER, RIGHT SIDE SHUFFLE, LEFT CROSS ROCK & RECOVER

1-4 Step right back, turn ¼ left and step left to side, cross rock right over left, recover weight on left (6:00)
5&6 Step right side, step left together, step right side
7-8 Cross rock left over right, recover weight on right

2 BACK STEP TOUCHES, LEFT ROCK BACK & RECOVER, LEFT FORWARD DIAGONAL SHUFFLE

1-4 Step left back, touch right together, step right back, touch left together
5-6 Rock left back, recover weight on right
7&8 Step left forward on left diagonal, step right together, step left forward

DIAGONAL STEP TOUCH PATTERN TURNING ¼ RIGHT AND THEN ½ LEFT, LEFT CROSS ROCK & RECOVER, LEFT SIDE SHUFFLE

1-2 Step right forward on left diagonal (4:30), touch left behind right
3-4 Step left back squaring to wall (6:00), step right forward to right diagonal
5-6 Step left forward on right diagonal (7:30), touch right behind left
7-8 Step right back, turn ½ left and step left forward (1:30)
9-10 Step right forward on diagonal, touch left behind right
11-12 Step left back, squaring off to wall step right side (3:00)
13-14 Cross rock left over right, recover weight on right
15&16 Step left side, step right together, step left side

WEAVE RIGHT 2, RIGHT SAILOR STEP, LEFT CROSS STEP, ¾ LEFT TURN, RIGHT FORWARD

1-2 Cross step right over left, step left side
3&4 Cross step right behind left, step left side, step right side
5-6 Cross step left over right, turn ¼ left and step right back
7-8 Turn ½ left and step left forward, step right forward (6:00)

LEFT FORWARD ROCK & RECOVER, LEFT BACK SHUFFLE, WALK BACK 2, RIGHT BACK ROCK & RECOVER

1-2 Rock left forward, recover weight on right
3&4 Step left back, step right together, step left back
5-8 Step right back, step left back, rock right back, recover weight on left

REPEAT

RESTART

On the third rotation of the dance which will start facing front wall. After count 12, change counts 13-16 to a right jazz box with a $\frac{1}{4}$ right turn to bring you back to front wall and restart the dance
