

The Here And Now

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Charlie Mifsud (AUS)
音乐: Living In The Here And Now - Darryl Worley



WALK RIGHT, LEFT, SHUFFLE FORWARD, ROCK LEFT FORWARD, ROCK BACK RIGHT, SHUFFLE BACK

1-2 Step forward on right, step forward on left
3&4 Shuffle forward right, left, right
5-6 Rock forward on left, rock back on right
7&8 Shuffle back left, right, left

VINE TO RIGHT, TOUCH LEFT HEEL AT 45 DEGREES, VINE TO LEFT, TOUCH RIGHT HEEL AT 45 DEGREES

1-2-3-4 Step right to right side, step left behind right, step right to right side, touch left heel at 45 degrees
5-6-7-8 Step left to left side, step right behind left, step left to left side, touch right heel at 45 degrees

DOUBLE HIP BUMPS RIGHT, DOUBLE HIP BUMPS LEFT, SINGLE HIP BUMPS RIGHT, LEFT, RIGHT, LEFT

1-2 Stepping weight to right, hip bump right to right diagonal twice
3-4 Stepping weight back to left, hip bump left to left diagonal twice
5-6-7-8 Single hip bumps right, left, right, left

VINE RIGHT WITH ¼ TURN RIGHT, HOLD, WALK FORWARD LEFT, RIGHT, LEFT, HOLD

1-2-3-4 Step right to right side, step left behind right, making ¼ turn right step right forward, hold
5-6-7-8 Step left forward, step right forward, step left forward, hold

REPEAT

RESTART (OPTIONAL)

After wall 4 (facing front), dance first 16 counts and then restart
