

Groove It!

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 0 级数:
编舞者: Rob Fowler (ES)
音乐: Groove It - Ronnie Beard



- 1 Jump with both feet apart
- 2 Slide right foot up to front
- & Step back on right with body angled 45 degrees right
- 3 Touch left heel forward
- & Step down onto left
- 4 Stomp right foot next to left
- 5-8 Repeat 1-4 sliding left to right (i.e. opposite)

- 9 Touch right heel forward
- 10 Switch touch left heel forward
- 11 Switch touch right heel forward
- 12 Clap hands twice
- 13 Put both hands forward moving weight forward onto right foot (imagine grabbing back of a chair)
- & Step left behind right
- 14 Step forward right
- 15&16 Repeat 13&14

- 17 Cross right in front of left
- & Step back left
- 18 Step right next to left
- 19 Cross left in front of right
- & Step back right
- 20 Step left next to right
- 21 Rock forward right
- & Rock back onto left
- 22 Step back right
- & Rock forward onto left
- 23 Touch right next to left
- & Step back on right
- 24 Step back shoulder width apart left

- 25-28 Starting moving to left bending knees move to right straightening knees (you have now made a full circle)
- 29 Make ¼ turn left pivoting on left touch right to side
- 30 Repeat 29
- 31 Repeat 29
- 32 Repeat 29

- 33 Kick right foot forward
- & Right together
- 34 Touch left to left side
- 35&36 Repeat 33&34 on opposite feet
- 37 Rock forward right
- & Rock back left
- 38 Step back right

- & Rock forward left
- 39 Right feet together
- & Swivel heels right
- 40 Swivel heels to center

- 41-48 Repeat beats 33-40 on opposite feet

- 49 Moving left heel to right and right toe to right. Arms cross right over left, right hand touch left shoulder, left hand touch right shoulder
- 50 Keep left heel where it is, move left toe right, leave right toe move right heel right. Slide hands across chest so right hand touches right shoulder and left hand touches left shoulder.
- 51 Moving left heel to right and right toe to right, click both hands down by side.
- & Keep left heel where it is move left toe right.. Cross hands right over left in front click fingers
- 52 Moving left heel to right and right toe to right. With both hands out to side click fingers

- 53 Moving left toe left and right heel left. Arms cross left over right, left hand touch right shoulder and right hand touch left shoulder
- 54 Moving right toe left and left heel left. Slide hands across chest so left hand touches left shoulder and right hand touches right shoulder
- 55 Moving left toe left and right heel left. Click both hands down by side
- & Moving right toe left and left heel left. Cross hands left over right in front, click fingers
- 56 Moving left toe left and right heel left. With both hands out to the side, click fingers

- 57 Touch right heel forward
- 58 Switch weight, touch left heel forward
- & Step weight onto left
- 59 Touch right toe next to left
- 60 Turn head ¼ turn to the right
- 61 Touch right toe to right side
- 62 Make ¼ turn right
- 63&64 Right coaster step

REPEAT
