

The Groovin' Thing

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Improver
编舞者: Mark Furnell (UK)
音乐: Superstar - Jamelia



KICK BALL STEP, BOUNCE, BOUNCE, KICK, COASTER STEP, POINT SWITCH POINT

1&2 Kick right foot forward, step down on ball of right foot and step left forward
3&4 Lean forward on left and bounce knees twice, lean back on right and kick left foot forward
5&6 Coaster step left, right, left
7&8 Point right toes to side, bring right to left and point left toe to side

CROSS POINT, SHUFFLE CROSS, POINT HITCH POINT TURNS ½, ¼, ½, (TRAVELING TO RIGHT)

&1-2 Bring left foot to right, cross right over left, point left toe out to left side
3&4 Cross shuffle left, right, left
5-6 Point right to out to side, pivot ½ turn right on left foot and point right toe to side
7-8 Pivot 1/4 turn right on left foot and point right toe to side, pivot ½ turn right on left foot and point right

SAILOR STEP, BEHIND SIDE CROSS, POINT SIDE, POINT BEHIND, CHASSE SIDE

1&2 Sailor step, right, left, right
3&4 Step left behind right, step right to side, cross left over right
5-6 Point right toe to side, point right toe behind left foot
7&8 Chasse side right, stepping right, left, right

FORWARD SAILOR STEP ¼ TURN, TRIPLE 1 ½ TURN, WALK BACK LEFT, RIGHT, COASTER STEP

1&2 Cross left over right, step right back, step left ¼ turn left
3&4 Triple 1 ½ turn left, stepping right, left, and right
5-6 Walk back left, right
7&8 Coaster step back, stepping left, right, and left

REPEAT
