

Going Through The Motions

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Debbie Hogg (UK)
音乐: I Know She Still Loves Me - Sean Kenny



STEP TURN TWICE, STEP, HOLD, STEPS BACK WITH ½ TURN, TURN

Start facing left diagonal front, in 3rd, right foot in front with heel raised, head turned to right diagonal front.
Turn & travel towards right diagonal front

- 1 Step right foot making ½ turn right
- & Step left foot making ½ turn right (you have now completed full turn)
- 2& Repeat steps 1& (you have now completed 2x full turns)

Easier option: traveling diagonally forward: step right foot forward, close, step right foot forward, close

- 3-4 Step right foot forward, hold
- 5& Make ¼turn left on ball of right foot step left foot to left side, step right foot beside left
- 6 Make ¼turn left on ball of right foot step left foot forward

You should now be facing left diagonal back

- 7-8 Sweep right toe around turning left on ball of left foot to finish facing home wall feet together (5/8th turn left!), step left foot in place

STEP ACROSS, KICK, CROSS, SIDE, BEHIND, SAILOR SHUFFLES TWICE

- 1-2 Cross step right foot over left, kick left foot to left diagonal front
- 3&4 Cross step left foot over right, step right foot to right side (slightly back), step left foot behind right
- 5&6 Sweep right toe around into right sailor shuffle
- 7&8 Left sailor shuffle (optional full turn left: cross left foot behind right, unwind)

WEAVE LEFT, ROCK, WEAVE RIGHT, ROCK

- 1& Cross step right foot over left, step left foot to left side
- 2& Cross step right foot behind left, step left foot to left side
- 3-4 Cross rock right foot over left, rock back onto left foot
- & Step right foot beside left
- 5& Cross step left foot over right, step right foot to right side
- 6& Cross step left foot behind right, step right foot to right side
- 7-8 Cross rock left foot over right, rock back onto right

½ PIVOT TURN, LOCK STEPS, CROSS, STEP, LONG STEP, SLIDE

- & Step left foot beside right
- 1-2 Step right foot forward, ½ pivot turn to left
- 3-4 Step right foot forward, lock left foot behind right
- 5&6 Step right foot forward, cross step left foot over right, step right foot back
- 7-8 Long step back on left foot, slide right foot beside left

REPEAT