

Friends For Ten

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver
编舞者: Alan Heighway (UK), Barbera Heighway, Gaye Teather (UK) & Nigel Payne (UK)
音乐: A Friend in Need - Dave Sheriff



RIGHT SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE HALF TURN LEFT TWICE

1&2 Step forward on right, step left beside right, step forward on right
3-4 Rock forward on left, recover onto right
5&6 Shuffle half turn left stepping left, right, left (facing 6:00)
7&8 Shuffle half turn left stepping right, left right (facing 12:00)

Steps 5-8 travel backwards and can be replaced with two shuffles back omitting the turns

BACK ROCK, KICK BALL CHANGE TWICE, STOMP FORWARD, HOLD & CLAP

1-2 Rock back on left, recover onto right
3&4 Kick left forward, step left beside right, step right in place
5&6 Kick left forward, step left beside right, step right in place
7-8 Stomp forward on left, hold & clap

CHASSE RIGHT, QUARTER TURN LEFT CHASSE, CROSS, SIDE, SAILOR STEP

1&2 Step right to right, step left beside right, step right to right
3&4 Quarter turn left stepping left to left side, step right beside left, step left to left (facing 9:00)
5-6 Cross right over left, step left to left
7&8 Cross right behind left, step left to left, step right to right

CROSS, SIDE, BEHIND, POINT, CROSS, HALF TURN RIGHT, STOMP

1-2 Cross left over right, step right to right side
3-4 Cross left behind right, point right toe to right
5-6 Cross right over left, quarter turn right stepping back on left
7-8 Quarter turn right stepping right to right side, stomp left beside right (facing 3:00)

REPEAT
