

Free Your Mind

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Pete Harkness (UK)
音乐: Free Your Mind - En Vogue



KICK HITCH ¼ TURN, CROSS UNWIND, WALK, WALK, MAMBO STEP

1&2 Kick right in front & hitch right leg, on ball of left ¼ turn right stepping right to side
3-4-5-6 Cross left over right, unwind ¾ turn right, walk forward left then right
7&8 Rock forward on left & recover on right, step back on left

STEP LOCK STEP, SIDE CROSS TOUCH, CROSS UNWIND, STEP BACK TOUCH

1&2 Step back on right & cross right over left, step back on right
&3-4 Step left to side & cross right over left, touch left out to side
5-6-7&8 Cross left over right, unwind ¾ turn right, step back on right & step back on left, touch right in front

KICK & POINT TWICE, CROSS UNWIND, COASTER STEP

1&2 Kick right in front & step right beside left, touch left toes to side
3&4 Kick left in front & step left beside right, touch right toes to side
5-6 Cross right over left, unwind ¾ turn left
7&8 Step back on left & step right beside left, step forward on left

SYNCOPATED ROCKS, LOCK STEPS, ROCK ½ TURN, STEP ¾ TURN & KNEE POP SEC 4

1&2& Rock forward on right & recover on left, rock back on right & recover on left
3&4 Step forward on right & lock left foot behind right, step forward on right
5&6 Rock forward on left & recover on right, make ½ turn left stepping forward on left
7&8 Step forward on right & on ball of right ¾ turn left stepping left beside right, pop right knee over left

REPEAT
