

Feeling Restless

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 2 级数: Intermediate social cha
编舞者: Pim Humphrey (UK)
音乐: Restless - Bob McKinlay



SIDE HOLD KICK BALL CROSS TWICE

1-2-3&4 Step side left, hold, kick right foot, step on right, cross left over right
5-6-7&8 Step side right, hold, kick left foot, step on ball of left, cross right over left

SIDE SHUFFLE BACK ROCK TWICE

1&2-3-4 Shuffle to the side with left right left, step back on right, recover weight on left
5&6-7-8 Shuffle to the side with right left right, step back on left recover weight on right

STEP PIVOT, TRIPLE ½ TURN, BACK ROCK, TRIPLE ½ TURN

1-2-3&4 Step forward on left pivot ½ turn right, turn ½ turn right with left right left
5-6-7&8 Step back on right, recover weight on left, turn ½ turn left with right left right

BACK ROCK, STEP LOCK STEP, STEP LOCK, STEP LOCK STEP

1-2-3&4 Step back on left, recover weight on right, step forward left, lock right behind left, step forward left
5-6-7&8 Step forward on right, lock left behind right, step forward on right lock left behind right step forward on right

ROCK STEP, ¾ TRIPLE TURN, ROCK STEP, COASTER STEP

1-2-3&4 Step forward on left, recover weight on right, turn ¾ to left with left right left
5-6-7&8 Step forward on right, recover weight on left, step back with right step left next to right, step forward with right

ROCK STEP, ½ TRIPLE TURN, ROCK STEP, COASTER STEP

1-2-3&4 Step forward on left, recover weight on right, turn ½ to left with left right left
5-6-7&8 Step forward on right, recover weight on left, step back on right, step left next to right, step forward on right

SIDE, HOLD, BEHIND SIDE CROSS TWICE

1-2-3&4 Step side left, hold, step right behind left, step side left, cross right over right
5-6-7&8 Step side left, hold, step right behind left, step side left, cross right over left

ROCK STEP, ¾ TRIPLE TURN, ROCK STEP COASTER STEP

1-2-3&4 Step forward on left, recover weight on right, turn ¾ turn to left with left right left
5-6-7&8 Step forward on right, recover weight on left, step back on right, step left next to right, step forward on left

REPEAT
