

Electronic Dance Instructor

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Debi Dillow (USA)
音乐: Dance Instructor - Freestyle Project



STAMP KICK, SAILOR, TOE BACK ½ TURN LEFT, LIFT RIGHT KNEE, TOUCH RIGHT FOOT BACK

- 1-2 Stamp right foot to the floor, kick right foot to right diagonal
- 3&4 Step right foot behind left, step left foot to left side, step right foot in place
- 5-6 Touch left toe behind right heel, unwind on balls of both feet ½ turn left, weight ends on left foot
- 7-8 Lift right knee up raising up on the ball of left foot, touch right foot back (exaggerate this movement to give it a mechanical look)

STEP SIDE RIGHT, CROSS BEHIND, SHUFFLE RIGHT, TOUCH FORWARD, HOLD, TOUCH BACK, HOLD

- 9-10 Step side right foot, cross left foot behind right
- 11&12 Step right to right side, place left foot next to right, step right to right side
- 13-16 Touch left toe forward, hold, touch left toe back, hold

STEP SIDE LEFT, CROSS BEHIND, SHUFFLE LEFT, TOUCH FORWARD, HOLD, TOUCH BACK, HOLD

- 17-18 Step side left foot, cross right foot behind left
- 19&20 Step left to left side, place right foot next to left, step left to left side
- 21-24 Touch right toe forward, hold, touch right toe back, hold

STEP TOUCH, ½ TURN STEP TOUCH, ¼ T STEP TOUCH, TRIPLE STEP FORWARD

- 25-26 Step right foot forward, touch left foot beside right foot
- 27-28 Turn ½ left (on ball of right foot)step left foot forward, touch right foot beside left foot
- 29-30 Turn ¼ left (on ball of left foot)step right foot back, touch left foot beside right foot
- 31&32 Step left foot forward, step right foot forward beside left foot, step left foot forward

REPEAT
