

Dance And Shout

COPPERKNOB
BY STEPHEN METZ

拍数: 48 墙数: 2 级数: Intermediate/Advanced
编舞者: Brian Barakauskas (USA), Markus Raus (DE) & Steffen Raus (DE)
音乐: Dance & Shout - Shaggy



- 1-2 Touch left foot forward, touch left foot back
3&4 Triple forward---left, right, left
5&6 Step forward on right foot, turn ½ to left with weight ending on left foot, step forward on right foot
7-8 Sweep left foot (ronde), turn ½ to right finish with left foot next to right foot
- 1&2 Triple to left--left, right, left
3-4 Rock back---right, left
5&6& Kick right foot forward, step right foot next to left foot, kick left foot forward, step left foot next to right foot
7-8 Touch right foot forward, roll hips to the right
- 1&2 Kick right foot forward, step right foot next to left foot, step left foot slightly left
3&4 Circle right foot behind left foot, step slightly back on right foot, touch left toe in front of right foot
5&6 Triple forward---left, right, left
7-8 Kick right foot forward, touch right foot back
- 1-2 Roll right shoulder back making ½ turn to right with weight finishing on left foot
3-4 Walk forward---right, left
5-6 Step forward on ball of right foot, push left foot back (no weight) while lowering right heel
7-8 Step on ball of left foot next to right foot, push right foot back (no weight) while lowering left heel
- 1-2 Step right foot forward, pivot ¼ turn to right
3&4 Rock forward on left foot, replace weight on right foot, touch left toe next to right foot pushing hips back
&5-6 Step to left side with left foot, step to right side with right foot, drop right knee inward
7&8 Bounce right heel 3 times making ¼ turn to right with weight ending on right foot
- 1&2 Kick left foot forward, step left foot next to right foot, step right foot slightly forward
3&4 Kick left foot forward, step left foot next to right foot, step right foot slightly forward
&5&6 Pivot ½ turn to right, step back on left foot, pivot ½ turn to right, step forward on right foot
7-8 Step forward on left foot, make ½ turn to right finishing with weight on right foot

REPEAT
