

Dance Sumpthin

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver west coast swing
编舞者: Kathy Brown (USA)
音乐: Say It Right - Nelly Furtado



CROSS ROCK, RETURN, LEFT COASTER, LEFT ¼ TURN TWICE, RIGHT SIDE POINT, RIGHT ¼ TURN

1-2 Cross rock left over right, return right (keep body angled right)
3&4 Step left back, step right next to left, step left forward and across right (right angle)
5-6 Turning ¼ left step right back, turning ¼ left step left to side
7-8 Point right to side, turning ¼ right step down on right

PIVOT ¼ RIGHT POINT, HOLD, &STEP, RIGHT POINT, RIGHT LIFT, CROSS STEP

1-2 Weight on right turn ¼ right pointing left to side, hold
&3&4 Step left next to right, point right to side, lift right knee up and across left, step right down
5-6 Take a large step back on left, drag right towards left
&7-8 Step ball of right down, cross left over right, step right to side

LEFT BACK ROCK, RETURN, ¾ RIGHT TRIPLE, ½ LEFT PIVOT, RIGHT TRIPLE

1-2 Rock left behind right, return right
3&4 Turning ¼ right step left back, turning ½ right step right forward, step left next to right

Easy option:

3&4 Turn ¼ left stepping left forward, step right next to left, step left forward
5-6 Step right forward, pivot ½ left
7&8 Step right forward, step left next to right, step right forward

LEFT POINT, HOLD, RIGHT KICK BALL CROSS, RIGHT SIDE ROCK, RIGHT SAILOR

1-2 Point left to side, hold
&3&4 Step left next to right, kick right forward, step right down, cross left over right
5-6 Rock right to side, return left
7&8 Step right behind left, step left to side, change weight to right

REPEAT