

Cruisin & Lovin

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Laurel Curtiss (USA)
音乐: Cruisin' - Gwyneth Paltrow & Huey Lewis



STEP RIGHT, SLIDE LEFT, ROCK LEFT WITH WEIGHT- REPEAT- ROCK STEP, COASTER STEP

1&2 Right foot step to the right, as you sway right hip right. (1) slide left foot toward right (& count) rock onto left foot with weight (2)

3&4 Repeat

This should be done sensually. Sway the hips & shoulders as you step right and rock left

5-6 Right foot step forward, rock & recover onto left foot

7&8 Right foot step back, left foot step back next to right foot, right foot step forward

FORWARD ROCK RECOVER, FULL TURN LEFT, COASTER STEP & A BODY ROLL

1-2 Left foot step forward, rock & recover onto right foot

3-4 Pivot on the ball of the right foot as you turn $\frac{1}{2}$ to your left stepping forward on left - pivot on the ball of the left foot as you turn $\frac{1}{2}$ to your left stepping back onto right foot (completing full turn to the left)

5&6 Left foot step back, right foot step back next to left foot, left foot step forward

7-8 Bend knees, while rolling hips back, down, forward & up. Weight ends on left

SKATE STEPS RIGHT AND LEFT, CROSS BEHIND, SIDE LEFT, STEP RIGHT., SKATE STEPS LEFT AND RIGHT, CROSS BEHIND, SIDE RIGHT, STEP LEFT

1-2 Pivot on the ball of the left foot as you step to the right-pivot on the ball of the right foot as you step left with weight

3&4 Right foot cross behind left foot, left foot step to the left, right foot step right with weight

5-6 Pivot on the ball of the right foot as you step to the left-pivot on the ball of the left foot as you step to the right with weight

7&8 Left foot cross behind right foot, right foot step to the right, left foot step left, with weight

$\frac{1}{4}$ LEFT TURNING SAILOR STEPS, CROSS, UNWIND $\frac{3}{4}$ TURN LEFT, BODY ROLL

1&2 Right foot cross behind left-left foot step $\frac{1}{4}$ to the left, right foot step next to left foot, with weight.

3&4 Left foot cross behind right-right foot step $\frac{1}{4}$ to the left, left foot step next to right foot with weight

5-6 Right foot cross over left foot and pivot $\frac{3}{4}$ turn to the left

7-8 Bend knees while rolling hips, back, down, forward & up, weight ends on left

REPEAT
