

Constant Sorrow

COPPER **KNOB**
BY STEPHEN METZ

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Gerda Klein (NL)
音乐: I Am a Man of Constant Sorrow - The Soggy Bottom Boys



Sequence: AABC AABC AABC AABC AAB

PART A

VINE WITH SLAPS

- 1 Right foot side step right
- 2 Left foot cross behind
- 3 Right foot side step right
- 4 Right hand slap left foot behind, turn head right

- 5 Left foot side step left
- 6 Left hand slap right foot behind, turn head left
- 7 Right foot side step right
- 8 Right hand slap left foot behind, turn head right

VINE WITH ¼ TURN, HOLD, ½ PIVOT TURN (2X)

- 9 Left foot side step left
- 10 Right foot cross behind
- 11 ¼ turn left, left foot step forward
- 12 Hold

- 13 Right foot step forward
- 14 ½ turn left
- 15 Right foot step forward
- 16 ½ turn left

HEEL, HOOK, HEEL, FLICK, HEEL, HOOK, STEP FORWARD, HOLD

- 17 Right foot touch heel forward
- 18 Right foot hook in front of left knee
- 19 Right foot touch heel forward
- 20 Right foot flick out to right side

- 21 Right foot touch heel forward
- 22 Right foot hook in front of left knee
- 23 Right foot step forward
- 24 Hold

REPEAT 17-24, STARTING LEFT FOOT

- 25-32 Repeat 17-24, starting with left foot

SCISSOR, HOLD (2X)

- 33 Right foot side step right
- 34 Left foot step together
- 35 Right foot cross step forward
- 36 Hold

- 37 Left foot side step left

- 38 Right foot step together
- 39 Left foot cross step forward
- 40 Hold

PART B

SIDE STEP, ½ HOP TURN, SIDE STEP, ½ HOP TURN, SIDE ROCK, STEP, TOUCH

- 1 Right foot side step right
- 2 ½ turn right, right foot hop
- 3 Left foot side step left
- 4 ½ turn right, left foot hop

- 5 Right foot side rock
- 6 Left foot recover
- 7 Right foot side step right
- 8 Left foot touch next to right foot

REPEAT 1-8, STARTING LEFT FOOT

- 9-16 Repeat 1-8, starting with left foot

PART C

SLIDE, HOLD, STEP BEHIND, CROSS OVER (2X)

- 1 Right foot slide right
- 2 Hold
- 3 Left foot close behind right foot
- 4 Right foot cross step forward

- 5 Left foot slide left
- 6 Hold
- 7 Right foot close behind left foot
- 8 Left foot cross step forward

SIDE STEP, ¼ HOP TURN, STEP BACK, ¼ HOP TURN, CROSS ROCK, SIDE STEP, HOLD

- 9 Right foot side step right
- 10 ¼ turn left, right foot hop
- 11 Left foot step backward
- 12 ¼ turn left, left foot hop

- 13 Right foot cross rock forward
- 14 Left foot recover
- 15 Right foot side step right
- 16 Hold

CROSS ROCK, STEP SIDE, HOLD, CROSS ROCK, CLOSE, HOLD

- 17 Left foot cross rock forward
- 18 Right foot recover
- 19 Left foot side step left
- 20 Hold

- 21 Right foot cross rock forward
- 22 Left foot recover
- 23 Right foot step together
- 24 Hold

SLIDE, HOLD, STEP BEHIND, CROSS OVER (2X)

25 Left foot slide left
26 Hold
27 Right foot close behind
28 Left foot cross step forward

29 Right foot slide right
30 Hold
31 Left foot close behind
32 Right foot cross step forward

SIDE STEP, ¼ HOP TURN, STEP BACK, ¼ HOP TURN, CROSS ROCK, CLOSE, HOLD

33 Left foot side step left
34 ¼ turn right, left foot hop
35 Right foot step back
36 ¼ turn right, right foot hop

37 Left foot cross rock forward
38 Right foot recover
39 Left foot step together
40 Hold
