

Cop Out....

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Charlotte Macari (UK)
音乐: Turn On, Tune In, Cop Out - Freak Power



RIGHT SIDE STEP, CROSS ROCK, RECOVER, LEFT SHUFFLE WITH ¼ TURN LEFT, RIGHT STEP PIVOT, 1 ½ TURN TRIPLE (TRAVELING FORWARD)

1-3 Step right to right side, cross rock left over right, recover weight on right
4&5 Step left to left side, step right next to left, turn ¼ left stepping forward on left
6-7 Step forward on right, pivot ½ turn left
8&1 Turn 1 ½ turns left stepping back on right, forward on left, back on right
Easy option for counts 8&1 - complete ½ turn left instead of 1½, stepping right, left, right

LEFT ROCK BACK, RECOVER, LEFT SHUFFLE FORWARD, TOUCH &, TOUCH & STEP WITH ¼ LEFT, TWO WALKS FORWARD RIGHT, LEFT

2-3 Left back on left, recover weight on right
4&5 Shuffle forward left, right, left
6& Touch right foot forward (bending right knee, slightly across left leg), step right next to left
7& Touch left foot forward (bending knee), step left next to right as you complete ¼ turn left
8-1 Walk forward right, left (6:00)

RIGHT ROCK FORWARD, RECOVER, RIGHT SIDE STEP WITH ¼ TURN RIGHT, STEP TOGETHER, THREE SKATES WITH ¼ RIGHT, KICK, HITCH, TOUCH WITH ¼ LEFT

2-3 Right rock forward, recover on left
4&5 Turn ¼ right stepping right to right side, step left next to right, right skate (9:00)
6-7 Left skate, right skate into a ¼ turn right (12:00)
8&1 Small kick forward with left, hitch left next to right turning ¼ left, touch left to left side (9:00)

TWO SAILOR STEPS, CROSS, BEHIND, UNWIND ½ TURN LEFT, CROSS ROCK, RECOVER

2&3 Left sailor step
4&5 Right sailor step
6-7 Cross left behind right, unwind ½ turn left, (weight on left)
8& Cross rock right over left, recover weight on left

REPEAT
