

Chase The Sun

COPPER KNOB
BY STEPHENETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Yvonne Anderson (SCO)
音乐: Chase the Sun - Shannon Lawson



RIGHT HEEL-TOE SWIVELS WITH ¼ TURN RIGHT, FORWARD RIGHT SHUFFLE, STEP ½ TURN RIGHT

- 1&2 Swivel right heel to right, & swivel right toe to right, swivel right heel to right (gradually leaning shoulders right)
3&4 Swivel right heel to left, & swivel right toe to left and bring shoulders to center, making ¼ turn right hitch right foot across left shin (3:00)
5&6 Shuffle forward on right, left, right
7-8 Step left forward, make ½ turn right taking weight on right (9:00)

FORWARD LEFT SHUFFLE, SYNCOPATED CROSS ROCKS RIGHT & LEFT, STEP ¼ TURN LEFT

- 1&2 Shuffle forward stepping left, right, left
3-4& Rock right across left, recover weight on left, & step right to right
5-6& Rock left across right, recover weight on right, & step left to left
7-8 Step right forward, make ¼ turn left taking weight on left (6:00)

RIGHT KICK-BALL-STEP TWICE TRAVELING FORWARD, TOE SWITCHES WITH ¼ TURN RIGHT

- 1&2 Kick right forward, & step right beside left, step left forward
3&4 Kick right forward, & step right beside left, step left forward
5&6& Point right toes to right, & step right beside left, touch left toes to left, & step left beside right
7&8 Making ¼ turn right touch right toes forward, & step right beside left, touch left toes forward (9:00)

& STEP. HOLD WITH CLAP, & STEP BACK, ½ TURN RIGHT WITH HITCH, FORWARD RIGHT SHUFFLE, SIDE ROCK-RECOVER

- &1-2& Step left beside right, step right forward, hold and clap hands
&3-4& Step right beside left, step left back, make ½ turn right on ball of left and hitch right across left shin (3:00)
5&6 Shuffle forward on right, left, right
7-8 Rock left to left, recover weight on right

BEHIND-SIDE-FRONT, SIDE ROCK-RECOVER, BEHIND-SIDE-FRONT, & STEP, ¾ TURN RIGHT WITH HITCH

- 1&2 Step left behind right, & step right to right, step left across right
3-4 Rock right to right, recover weight on left
5&6 Step right behind left, & step left to left, step right across left
&7-8 Step left to left (feels like a small hop), on ball of left begin to make a ¾ turn right, continue to turn and hitch right across left shin (12:00)

FORWARD RIGHT SHUFFLE, HIP BUMPS WITH ¼ TURN RIGHT, SIDE SHUFFLE, HIP BUMPS WITH ¼ TURN RIGHT, HEEL RAISE

- 1&2 Shuffle forward on right, left, right
3&4 Step left to left and bump hips left, & bump hips right, making ¼ turn right bump left hip back (weight ends on left, facing 3:00)
5&6 Step right to right, & step left beside right, step right to right
7&8 Making ¼ turn right step left to left and bump hips left, & bump hips right, draw right towards left and raise right heel (weight ends on left, facing 6:00)

REPEAT

