

Camp Quality Slide

COPPER KNOB
BY STEPHEN BATES

拍数: 32 墙数: 2 级数: Improver
编舞者: Rick Bates (USA) & Deborah Bates (USA)
音乐: Fever - Jeff Moore



We dedicate this dance to all the kids and their companions at the Eighth Annual Camp Quality Illinois.

FORWARD JUMP WITH HAND MOVEMENTS, SYNCOPATED SIDE ROCK STEP, TOUCH, JUMPS BACK WITH HAND MOVEMENTS

- &1 Stretch arms forward away from body and jump forward on right foot; jump left foot next to right and bring hands together at chest level with palms together and thumbs up
- 2 Spread fingers apart and bend hands inward so fingers are on top of back of hands, palms toward body and thumbs up
- 3&4 Keeping hands together bring arms next to body and step to the right on right foot; rock to the left onto left foot; touch right foot next to left
- &5 Keeping hands together, stretch arms forward away from body and jump back on right foot; with arms at chest level, release hands and jump left foot next to right while swinging left arm to the left and right arm to the right in a semi-circular motion
- 6 Bring hands together
- &7 Keeping hands together, stretch arms forward away from body and jump back on right foot; with arms at chest level, release hands and jump left foot next to right while swinging left arm to the left and right arm to the right in a semi-circular motion
- 8 Bring hands together

MONTEREY TURN WITH HAND MOVEMENTS, SIDE SHIMMY RIGHT

- 9-10 Stretch arms outward (left arm to the left, right arm to the right) and touch right toe to the right; bring arms down while pivoting a ½ turn to the right on ball of left foot and step right foot next to left
- 11-12 Stretch arms outward (left arm to the left, right arm to the right) and touch left toe to the left; bring arms down and step left foot next to right
- 13-14 Bend knees slightly and step to the right on right foot while shimmying hips; keeping knees bent, continue shimmying hips
- 15-16 Straighten knees and step left foot next to right; hold and clap hands

DOUBLE KICKS, SYNCOPATED STEP, STOMP, HOLD, SYNCOPATED STEP, STEP, HOLD, PIVOT, HOLD

- 17-18 Kick right foot forward twice
- & Step right foot next to left
- 19-20 Stomp forward on left foot; hold and clap hands
- & Step left foot next to right
- 21-22 Step forward on right foot; hold
- 23-24 Pivot a ½ turn to the left on ball of right foot and shift weight to left foot; hold

DIAGONAL LUNGES, TOUCHES, TO THE LEFT MILITARY PIVOT, STOMPS

- 25-26 Take a long step forward and diagonally to the right on right foot; touch left foot next to right
- 27-28 Take a long step forward and diagonally to the left on left foot; touch right foot next to left
- 29-30 Step forward on right foot; pivot a ½ turn to the left on ball of right foot and shift weight to left foot
- 31-32 Stomp forward on right foot; stomp left foot next to right

REPEAT