

Cartoon Heroes

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Alyson Climis (USA)
音乐: The Way You Love Me - Faith Hill



RIGHT, BEHIND, AND-ROCK, RECOVER, AND-ROCK, RECOVER, REVERSE MASHED POTATOES

- 1 Right foot steps to right side
- 2 Left foot crosses behind right foot taking weight
- & Hop up and transfer weight to right foot while beginning to bring left foot in front of right foot
- 3 Rock forward onto left heel crossing in front of right foot
- 4 Rock back (recover) onto right foot
- & Hop up and transfer weight to left foot while beginning to bring right foot in front of left foot
- 5 Rock forward onto right heel crossing in front of left foot
- 6 Rock back (recover onto left foot)
- & Swivel both heels out, transferring weight to ball of left foot and slightly raising right foot
- 7 Swivel both heels in as you step down onto ball of right foot
- & Swivel both heels out, keeping weight on ball of right foot and slightly raising left foot
- 8 Swivel both heels in as you step down onto ball of left foot

OUT-OUT, GRIND FOR TWO, RIGHT KNEE, 1 ¼ ROLLING TURN TO RIGHT, CHA-CHA

- & Right foot steps back
- 1 Left foot steps back, ending shoulder width apart from right foot
- 2-3 Hips grind/roll slowly to left, back, right, front
- 4 Weight transfers to left foot as right knee bends and turns in toward left leg
- 5 Step onto right foot making ¼ turn to right
- 6 Left foot steps as you continue to turn ½ turn to right
- 7 Right foot steps as you continue to turn ½ turn to right
- & Left foot slides in next to right foot taking weight (you are now ¼ turn to right of original wall)
- 8 Right foot steps forward

ROCK, RECOVER, COASTER STEP, SCUFF-BRUSH-TOUCH, UNWIND 1 ½

- 1 Rock forward onto left foot
- 2 Rock back (recover) onto right foot
- 3 Left foot steps back
- & Right foot steps next to left foot
- 4 Left foot steps forward
- 5 Right foot scuffs forward
- & Right foot brushes back crossing over left leg
- 6 Right toes tap to left of left foot
- 7-8 Unwind 1 ½ turn to left onto left foot (optional ½ turn if you get dizzy)

BODY ROLLS RIGHT AND LEFT, RIGHT HEEL JACK, ROCK-AND-CROSS

- 1-2 Right foot steps to right side as you body roll to right side
- 3-4 Body roll to left side transferring weight to left foot
- & Right foot steps back and slightly to the right angling body to left
- 5 Left heel touches forward
- & Left foot steps to center (return body to center)
- 6 Right foot steps next to left foot
- 7 Rock onto ball of left foot to left side
- & Rock onto right foot (recover)
- 8 Left foot steps crossing in front of right foot

REPEAT
