

Body In Motion

COPPER KNOB
BY STEPHEN BATES

拍数: 64 墙数: 4 级数: Beginner social cha
编舞者: Peter Metelnick (UK)
音乐: Angelina - Lou Bega



RIGHT SIDE STEP, LEFT TOGETHER, RIGHT SIDE SHUFFLE, LEFT FORWARD ROCK & RECOVER, ½ LEFT TURNING TRIPLE

1-2 Step right foot to right side, step left foot together
3&4 Step right foot to right side, step left foot together, step right foot to right side
5-6 Rock left foot forward, recover weight on right foot
7&8 Turning ½ left step left foot forward, step right foot together, step left foot together

RIGHT SIDE STEP, LEFT TOGETHER, RIGHT SIDE SHUFFLE, LEFT FORWARD ROCK & RECOVER, ¼ LEFT TURNING TRIPLE

1-6 Repeat counts 1-6
7&8 Turning ¼ left step left foot forward, step right foot together, step left foot forward

RIGHT FORWARD TURNING ½ LEFT, LEFT KICK, LEFT COASTER STEP, RIGHT FORWARD, LEFT TOUCH TOGETHER, LEFT SIDE MAMBO

1-2 Step right foot forward turning ½ left, kick left foot forward
3&4 Step left foot back, step right foot together, step left foot forward
5-6 Step right foot forward, touch left toes together
7&8 Rock left foot to left side, recover weight on right foot, touch left toes together

LEFT BOX WITH ¼ LEFT TURN

1-2 Step left foot to left side, step right foot together
3&4 Step left foot forward, step right foot together, step left foot forward
5-6 Step right foot to right side, turning ¼ left on right foot touch left toes together
7&8 Step left foot to left side, step right foot together, step left foot to left side

WEAVE LEFT 2, RIGHT SAILOR STEP, WEAVE RIGHT TURNING ½ LEFT, LEFT SIDE TRIPLE

1-2 Cross step right foot over left, step left foot to left side
3&4 Cross step right foot behind left, step left foot to left, step right foot right
5-6 Cross step left foot over right, turn ½ left on right foot while lifting left foot
7&8 Step left foot to left side, step right foot together, step left to left side

FULL TURN LEFT TRAVELING LEFT, RIGHT CROSSING TRIPLE, LEFT SIDE ROCK & RECOVER, LEFT CROSSING TRIPLE

1-2 Cross step right foot over left turning ½ left, complete full turn left pivoting ½ left on right foot and stepping left foot to left side
3&4 Cross step right foot over left, step left foot together, cross step right foot over left
5-6 Rock left foot to left side, recover weight on right foot
7&8 Cross step left foot over right, step right foot together, cross step left foot over right

RIGHT SIDE STEP & LEFT TOUCH, ¾ LEFT TURNING TRIPLE, RIGHT ROCK BACK & RECOVER, RIGHT FORWARD TRIPLE

1-2 Step right foot to right side, touch left foot together
3&4 Turning ¾ left step left foot forward, turning ½ left step right foot back, step left foot together
5-6 Rock right foot back, recover weight on left foot
7&8 Step right foot forward, step left foot together, step right foot forward

LEFT FORWARD TURNING ½ RIGHT, RIGHT KICK, RIGHT COASTER STEP, LEFT FORWARD, RIGHT TOUCH TOGETHER, RIGHT SIDE MAMBO

- 1-2 Step left foot forward turning ½ right, kick right foot forward
- 3&4 Step right foot back, step left foot together, step right foot forward
- 5-6 Step left foot forward, touch right toes together
- 7&8 Rock right foot to right side, recover weight on left foot, touch right toes together

REPEAT
