

Battery

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Intermediate/Advanced
编舞者: Steven Bray
音乐: Battery - Metallica And San Francisco Symphony Orchestra



KNEE LIFTS, BACK TOUCH, SIDE TOUCH

- 1& Weight on left foot and raise your right-leg, right foot down
- 2& Weight on left foot and raise your right-leg, right foot down
- 3& Weight on left foot and raise your right-leg, right foot down
- 4 Right-knee up and bent your upper body to that knee
- 5-6 Step back on right, touch left beside right
- 7-8 Step left to left side making $\frac{1}{4}$ turn right, touch right beside left

SHUFFLE, SHUFFLE, SHUFFLE, SHUFFLE

- 9&10 Step right to right side, step left beside right, step right to right side
- 11&12 Step left to left side, step right beside left, step left to left side
- 13&14 Step forward on right, step left beside right, step right forward
- 15&16 Step left to left side, step right beside left, touch left to left side

SHUFFLE, SAILOR TURN, SHUFFLE, SAILOR TURN

- 17&18 Step left to left side, step right beside left, step left to left side
- 19&20 Step right behind left making $\frac{1}{4}$ turn right, step forward left making $\frac{1}{4}$ turn right, step right to right side making $\frac{1}{2}$ turn right
- 21&22 Step left to left side, step right beside left, touch left to left side
- 23&24 Step right behind left making $\frac{1}{4}$ turn right, step forward left making $\frac{1}{4}$ turn right, touch right to right side making $\frac{1}{4}$ turn right

POINT & POINT, SAILOR TURN, POINT & POINT, NOD, NOD

- 25&26 Point right to right side, raise right off floor, point right to right side
- 27&28 Step right behind left making $\frac{1}{4}$ turn right, step forward left making $\frac{1}{4}$ turn right, step right to right side
- 29&30 Point right to right side, raise right off floor, point right to right side
- 31-32 Nod head twice

WALKS WITH ATTITUDE, HITCHING HIP BUMPS, TORQUE HEAD, POINT, HOOK, TURN

- 33-34 Walk forward right, left
- 35&36 Hitch right while bumping hips right, start dropping right bumping hips left making $\frac{1}{2}$ turn left, place right on floor bumping hips right
- 37-38 Stepping left to left side; torque (twist) head to full turn twice
- 39&40 Point right toe to right side, hook right behind left, make $\frac{1}{2}$ turn (leg still hooked)

MONTEREY, NOD, NOD, SHUFFLE, QUICK CHARLESTON

- 41-42 Touch right toe to right side, make full turn to right on left foot closing right to left
- 43-44 Nod head twice
- 45&46 Step left to left side, step right beside left, step left to left side
- 47&48 Point right toe forward, step back on right, step left beside right

REPEAT