

Be Your Best Friend

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Joanne Brady (USA) & Michael Weeks (USA)
音乐: More Than Just a Friend - CeCe Winans



WALK, WALK, FORWARD STEP-LOCK-STEP, CROSS ROCK, RECOVER, BACK STEP-LOCK STEP

1-2-3&4 Walk forward right, walk forward left, step forward right, lock left behind right, forward right
5-6-7&8 Cross left over right, recover to right, traveling back step left over right, back on right, left over right

QUARTER-¼ TURN RIGHT, SWAY LEFT, SWAY HIPS RIGHT-LEFT-RIGHT

1-2-3&4 Quarter turn right stepping on right, recover weight to left, sway hips to the right, left, right

KICK-BALL-CROSS, LEFT, RIGHT, LEFT RIGHT

5&6&7&8 Left kick-ball-cross crossing right foot over left, recover onto left, right side step on right, recover weight to left, step right behind left

WALK, WALK, WALK, STEP LOCK STEP, TURN CROSS SHUFFLE

1-2-3 Walk forward left, right, left
4&5 Step forward right, lock left behind right, forward on right
6-7&8 Step forward on left making quarter turn right, big step to side on right, cross left over right, step to side on right

CROSS, ROCK, QUARTER TURN LEFT, TRIPLE WITH A HALF TURN LEFT, ROCK BACK, RIGHT KICK-BALL-CHANGE

1-2-3 Cross rock left over right, recover weight to right, quarter turn left on left foot
4&5 Triple step in place right, left, right while making half turn left weight ending on right
6-7&8 Rock back on left, right kick-ball-change

REPEAT
