

Ballymore Boys

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dynamite Dot (UK)
音乐: The Boys From Ballymore - Sham Rock



POINT BACK-½ TURN RIGHT / STEP-½ TURN RIGHT / DIP DOWN AND UP / RIGHT TOE FORWARD / LEFT TOE SIDE

1-2 Point right toe back, pivot ½ turn right
3-4 Step left forward, pivot ½ turn right (weight on left)
5-6 Right foot is slightly forward bending knees dip down and up (hands on thighs)
7&8 Touch right toe forward, step right next to left, touch left toe to left side

LEFT AND RIGHT SAILOR / LEFT SAILOR WITH ¼ TURN LEFT / SHUFFLE

1&2 Step left behind right, step right to right side, step left to left side
3&4 Step right behind left, step left to left side, step right to right side
5&6 Making ¼ turn left step left behind right, step right to right side, step left to left side
7&8 Shuffle forward on right-left-right

FULL TURN FORWARD / BUMP LEFT-RIGHT-LEFT / SHUFFLE BACK / ½ TURN SHUFFLE

1-2 On ball of right turn ½ right stepping back on left, on ball of left turn ½ right stepping forward on right
3&4 Step left forward bumping hips forward, bump hips back, bump hips forward
5&6 Shuffle back on right-left-right
& On ball of right make ½ turn left
7&8 Shuffle forward on left-right-left

STEP-½ TURN / SIDE SWITCHES / HEEL SWITCHES / CLAPS

1-2 Step forward on right, pivot ½ turn left
3&4 Touch right toe to right side, step right next to left, touch left toe to left side
&5 Step left next to right, touch right heel forward
&6 Step right next to left, touch left heel forward
&7 Step left next to right, touch right heel forward
&8 Clap hands twice

REPEAT
