

Banjo Bango

COPPER KNOB
BY STEPHEN HETS

拍数: 56 墙数: 2 级数: Intermediate
编舞者: Rob Fowler (ES)
音乐: Banjo Boy - Ryan Shupe & The Rubberband



RIGHT TOE, HEEL, CROSS, LEFT SIDE ROCK CROSS, RIGHT TOE, HEEL, CROSS, ROCK & TURN ¼ LEFT

1&2 Touch right toe to left instep, touch right heel to left instep, step right across and in front of left
3&4 Rock left to left side, recover weight to right, step left across and in front of right
5&6 Touch right toe to left instep, touch right heel to left instep, step right across and in front of left
7&8 Rock forward on left, recover weight to right, turn ¼ left stepping left to left side
9-16 Repeat 1-8

RIGHT MAMBO FORWARD, LEFT MAMBO BACK, RIGHT SIDE ROCK CROSS, LEFT SIDE ROCK CROSS

1&2 Step forward right, recover weight to left, step right beside left
3&4 Step back left, recover weight to right, step left beside right
5&6 Rock right to right side, recover weight to left, step right across and in front of left
7&8 Rock left to left side, recover weight to right, step left across and in front of right

RIGHT LOCK STEP FORWARD, LEFT MAMBO FORWARD, RIGHT LOCK STEP BACK, LEFT COASTER STEP

1&2 Step forward right, lock left behind right, step forward right
3&4 Step forward left, recover weight to right, step left beside right
5&6 Step back right, lock left across right, step back right
7&8 Step back left, step right beside left, step forward left

RIGHT SWIVET TWICE, APPLEJACKS TWICE, TRAVELING PIGEON TOES LEFT, RIGHT SWIVET TWICE

1& With weight on right heel and left toe swivel right toes to right and left heel to left, return to center
2& With weight on right heel and left toe swivel right toes to right and left heel to left, return to center
3& With weight on left heel & right toe fan left toes & right heel to left, return to center
4& With weight on right heel & left toe fan right toes & left heel to right, return to center
5&6 Traveling to the left, swivel both heels together, both toes together, both heels together
Easier option: swivel heels, toes, heels traveling to left side
7& With weight on right heel and left toe swivel right toes to right and left heel to left, return to center
8& With weight on right heel and left toe swivel right toes to right and left heel to left, return to center

RIGHT HEEL, HOOK, HEEL, TOGETHER, LEFT HEEL, HOOK, HEEL, TOGETHER

1-4 Touch right heel forward, hook right in front of left shin, touch right heel forward, step right beside left
5-8 Touch left heel forward, hook left in front of right shin, touch left heel forward, step left beside right

RIGHT HEEL, TOGETHER, LEFT HEEL TOGETHER, RIGHT SCUFF, HITCH RIGHT, STEP BACK RIGHT, STEP LEFT BESIDE RIGHT

1-4 Touch right heel forward, step right beside left, touch left heel forward, step left beside right
5-8 Scuff right beside left, hitch right, step back right, step left beside right

REPEAT

After approximately 2 mins 55 secs of the track, the music pauses for approx 1 second. When it starts up again it's very fast. Just start the dance from the beginning and keep going until the end of the track
