

Ain't No Quitter

COPPER KNOB
BY STEPHEN BATES

拍数: 32 墙数: 2 级数: Intermediate east coast swing
编舞者: Rick Bates (USA) & Deborah Bates (USA)
音乐: Big Time Operator - Big Bad Voodoo Daddy



SIDE ROCK STEP, TOGETHER, HOLD, STEP, SLIDE, STEP, HOLD

- 1-2 Step to the right on right foot; rock back to the left onto left foot
3-4 Step right foot next to left; hold
5-6 Step forward on left foot; slide right foot up and to the left of left foot and step
7-8 Step forward on left foot; hold

ROCKING CHAIR, TOE/HEEL STRUTS

- 9-10 Step forward on right foot; rock back onto left foot
11-12 Step back on right foot; rock forward onto left foot
13-14 Step forward onto toes of right foot; step down onto heel of right foot
15-16 Step forward onto toes of left foot; step down onto heel of left foot

HEEL TOUCH, HEEL HOOK, HEEL TOUCH, TOGETHER, TOE TOUCHES, HOLD

- 17-18 Touch right heel forward and diagonally to the right; hook right heel across and to the left of left foot
19-20 Touch right heel forward and diagonally to the right; step right foot next to left
21-22 Touch left toe to the left; touch left toe next to right foot
23-24 Touch left toe to the left; hold

BEHIND, SIDE STEP, ACROSS, HOLD, MODIFIED MONTEREY TURN, TOE TOUCH, HOLD

- 25-26 Cross left foot behind right and step; step to the right on right foot
27-28 Cross left foot over right and step; hold
29-30 Touch right toe to the right; pivot ½ turn to the right on ball of left foot and step right foot next to left
31-32 Touch left toe to the left; hold

BEHIND, SIDE STEP, ACROSS, MODIFIED MONTEREY TURNS, TOE TOUCH

- 33-34 Cross left foot behind right and step; step to the right on right foot
35-36 Cross left foot over right and step; touch right toe to the right
37-38 Pivot ¼ turn to the right on ball of left foot and step right foot next to left, touch left toe to the left
39-40 Pivot ¼ turn to the left on ball of right foot and step left foot next to right; touch right toe next to left foot

REPEAT
