

Alive And Free

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ronnie James (UK)
音乐: Who Wouldn't Wanna Be Me - Keith Urban



SIDE, TOGETHER, RIGHT CHASSE, ROCK BACK, RECOVER, LEFT CHASSE

1-2 Step right to side, step left next to right
3&4 Chasse right on right, left, right
5-6 Rock back on left, recover on right
7&8 Chasse left on left, right, left

CROSS, SIDE, BEHIND, ROCK, RECOVER, CROSS, RIGHT CHASSE

9-12 Cross right over left, step left to side, cross right behind left, rock left on left
13-14 Recover on right, cross left over right
15&16 Chasse right on right, left, right

ROCK BACK, RECOVER, STEP FORWARD, ½ TURN, LEFT CHASSE, ROCK BACK, RECOVER

17-20 Rock back on left, recover on right, step forward on left, ½ turn right on to right
21&22 Chasse left on left, right, left
23-24 Rock back on right, recover on left

MONTEREY ½ TURN, RIGHT CHASSE, ROCK BACK, RECOVER

25-26 Touch right to side, on ball of left make ½ turn right
27-28 Touch left to left side, step left next to right
29&30 Chasse right on right, left, right
31-32 Rock back on left, recover on right

SHUFFLE FORWARD, STEP FORWARD, ½ TURN, SHUFFLE FORWARD, STEP FORWARD, ½ TURN

33&34 Shuffle forward on left, right, left
35-36 Step forward on right, ½ turn left on to left
37&38 Shuffle forward on right, left, right
39-40 Step forward on left, ½ turn right on to right

SKATE FORWARD TWICE, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ¾ TURN

41-42 Skate forward on left and right
43&44 Shuffle forward on left, right, left
45-46 Rock forward on right, recover on left
47&48 ¾ turn right on right, left, right

ROCK FORWARD, RECOVER, COASTER STEP, ROCK FW D, RECOVER, SHUFFLE ½ TURN

49-50 Rock forward on left, recover on right
51&52 Step back on left, step right next to left, step forward on left
53-54 Rock forward on right, recover on left
55&56 Shuffle ½ turn right on right, left, right

TURN, TURN, SHUFFLE FORWARD, ROCKING CHAIR

57-58 ½ turn right stepping back on left, ½ turn right stepping forward on right
59&60 Shuffle forward on left, right, left
61-64 Rock forward on right, recover on left, rock back on right, recover on left

REPEAT

