

All Week Long (7 Nights To Rock)

COPPER KNOB
BY STEPHEN METELNICK

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Seven Nights to Rock - BR5-49



VINE RIGHT 3, SCUFF LEFT, LEFT CROSS ROCK OVER RIGHT TWICE-7 NIGHTS TO ROCK

- 1-3 Step right foot to right side, cross step left foot behind right foot, step right foot to right side
4 Scuff left foot forward, turning body slightly to the right
5-6 Cross-rock left foot over right foot, rock back and recover weight on right foot
7-8 Cross-rock left foot over right foot, rock back and recover weight on right foot

LEFT & RIGHT STEP-TOUCHES, 1 ¼ TURN LEFT*-7 NIGHTS TO ROLL

- 9-10 Step left foot to left side, touch right foot together (optional-clap/snap)
11-12 Step right foot to right side, touch left foot together (optional-clap/snap)
13-14 Step left foot to left side turning ¼ left, step right foot forward turning ½ left*
15-16 Step left foot back turning ½ left (now facing left side wall), scuff right foot forward*

Non-turning alternative for counts 13-16:

- 13-14 Step left foot to left, cross-step right foot behind left foot
15-16 Step left foot to left turning ¼ left, scuff right foot forward

RIGHT & LEFT FORWARD STEP-SCUFFS, BACK 3 AND LEFT HITCH

- 17-20 Step right foot forward, scuff left foot forward (optional clap hands), step left foot forward, scuff right foot forward (optional clap hands)
21-24 Step back right-left-right, hitch left knee (optional-and hop on right foot)

LEFT BACK COASTER, RIGHT SCUFF FORWARD, RIGHT JAZZ BOX WITH ¼ RIGHT

- 25-28 Step left foot back, step right foot together, step left foot forward, scuff right foot forward
29-30 Cross-step right foot over left foot, step back on left foot
31-32 Step right foot to right side turning ¼ right (now facing front wall), step left foot together

RIGHT ½ MONTEREY TURN, TOE STEPS TRAVELING LEFT

- 33-34 Touch right toes out to right side, pivot ½ right on left foot and step right foot together (now facing back wall)
35-36 Touch left toes out to left side, step left foot together
37-40 Turning body on a left diagonal cross-touch right toes over left foot, step right heel down (optional-snap fingers), cross-touch left toes to left side, step left heel down (optional-snap fingers)

RIGHT CROSS-ROCK, ¼ RIGHT, LEFT HITCH, LEFT FORWARD-LOCK-FORWARD, RIGHT BOOT SLAP

- 41-42 Cross-rock right foot over left foot, rock back and recover weight on left foot
43-44 Turn ¼ right and step right foot forward (now facing left side wall), hitch left knee up (optional-and hop on right foot)
45-46 Step left foot forward, step right foot forward "locking" behind left heel
47-48 Step left foot forward, raise right leg behind left leg and slap right boot with left hand

REPEAT