

African Vibe

COPPERKNOB
BY STEPHEN HETS

拍数: 64 墙数: 1 级数: Improver line/contra dance
编舞者: Chris Hodgson (UK)
音乐: Vull'i Ndela (Remix) - Brenda Fassie



SIDE-BEHIND, & CROSS-SIDE, BACK & SIDE, BEHIND-SIDE

- 1-2 Step right to right side, cross left behind
- &3-4 Small step right to right, cross left over right, step right to right side
- 5&6 Step left back behind right, rock weight onto right, step left to left side
- 7-8 Cross right behind left, step left to left side

TWO EASY STEPS (RELAXED AND EASY)

- 1-2 Step forward on right to right diagonal, step forward on left to left diagonal
- 3-4 Step back on right to place, step left next to right (right hands slaps right thigh-left slaps left thigh)
- 5-6 Step forward on right to right diagonal, step forward on left to left diagonal
- 7-8 Step back on right to place, step left next to right (right hand slaps right thigh-left slaps left thigh)

Arms: on step forward right, right arm goes up, left hand under right elbow. On step forward left, left arm goes up, right hand under left elbow (elbow-elbow-slap-slap)

TWO ½ TURING JAZZ BOXES (RELAXED AND EASY)

- 1-2 Cross right over left, ¼ turn right stepping back on left
- 3-4 ¼ turn right stepping right to right side, step left next to right
- 5-6 Cross right over left, ¼ turn right stepping back on left
- 7-8 ¼ turn right stepping back on right, step left next to right

Arms: in front of body (elbows bent), cross arms when crossing feet (cross-out-cross-slap thighs)

FOUR SWIVEL WALKS FORWARD, TWO SHUFFLES BACK

- 1-2 Step forward on right swiveling heel out, step forward on left swiveling heel out
- 3-4 Repeat counts 1-2 as above (swivel hands as feet swivel) (slap hands with person opposite on count 4)
- 5&6 Shuffle back on right diagonal on right-left-right
- 7&8 Shuffle back on left diagonal on left-right-left

FOUR SWIVEL WALKS FORWARD, TWO SHUFFLES BACK

- 1-2 Step forward on right swiveling heel out, step forward on left swiveling heel out
- 3-4 Repeat counts 1-2 as above (swivel hands as feet swivel) (slap hands with person opposite on count 4)
- 5&6 Shuffle back on right diagonal on right-left-right
- 7&8 Shuffle back on left diagonal on left-right-left

THREE STEPS FORWARD, ½ TURN-OUT-OUT, THREE STEPS BACK, OUT-OUT

- 1-2-3 Walk forward on right-left-right
- &4 ½ turn right stepping out-out on left then right (slap both hands with person next to you on count 4))
- 5-6-7 Walk back on left-right-left
- &8 Step out-out on right then left clapping hands twice

THREE STEPS FORWARD, ½ TURN-OUT-OUT, THREE STEPS BACK, OUT-OUT

- 1-2-3 Walk forward on right-left-right

- &4 ½ turn right stepping out-out on left then right (slap both hands with person next to you on count 4))
- 5-6-7 Walk back on left-right-left
- &8 Step out-out on right then left clapping hands twice

HIP BUMPS FORWARD, STEP-½ TURN TWICE

- 1&2 Step forward on right bumping hips forward, bump hips back, bump hips forward
- 3&4 Step forward on left bumping hips forward, bump hips back, bump hips forward
- 5-6 Step forward on right, pivot ½ turn left
- 7-8 Step forward on right, pivot ½ turn left

REPEAT
