

Mr Journalist

COPPER **NOB**
BY STEPHEN BRETZ

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Wei Chih
音乐: Helicopters - Barenaked Ladies



LEFT TOUCH INSTEP, HEEL SIDE, LEFT FORWARD SHUFFLE, HEEL FORWARD, HOLD, TOE BACK, STEP FORWARD

1-2 Touch left toe instep right foot (bend right leg), touch left heel to the left (body straightened up)
3&4 Step left forward, step right beside right, step left forward
5-6 Touch right heel forward, hold
7-8 Touch right toe back, step right forward

HEEL FORWARD, HOLD, TOE BACK, STEP FORWARD, HEEL FORWARD, TOE BACK, PIVOT ½ TURN RIGHT, STEP TOGETHER

1-2 Touch left heel forward, hold
3-4 Touch left toe back, step left forward
5-6 Touch right heel forward, touch right toe back
7-8 Make a ½ turn right stepping on right, step left beside right

SIDE, TOGETHER (SCISSOR), CROSS SHUFFLE, SIDE, RECOVER, CROSS, HOLD

1-2 Step right to right side, step left beside right
3&4 Step right across left, step left to left, step right across left
5-8 Rock left to left side, recover on right, step left across right, hold

SIDE, HOLD, &SIDE-HOLD, &SIDE-HOLD, SWIVELS

1-2 Step right to right side, hold
&3-4 Step left beside right, step right to right side, hold
&5-6 Repeat &3-4 above
7-8 Swivel both heels ¼ turn right (face and body turned towards 9:00), swivel both heels ½ turn left weight ending on the left (face and body turned towards 3:00)

While doing the above swivels, ease your movements with flexible knee bends

POINT RIGHT, CROSS, POINT LEFT, CROSS, ROCK FORWARD, RECOVER, TOGETHER, STEP FORWARD, TOUCH

1-2 Point right toe to right side, cross right over left
3-4 Point left toe to the left side, cross left over right
5-6& Rock right forward, recover on left, step right beside left
7-8 Step left forward, touch right toe beside left

STEP RIGHT, TOUCH, STEP LEFT, TOUCH, STEP FORWARD, TOUCH, JUMP BACK, TOGETHER, JUMP FORWARD, TOUCH

1-2 Step right to right side, touch left toe beside right
3-4 Step left to left side, touch right toe beside left
5-6 Step right forward, touch left toe beside right
&7&8 Jump left back slightly, step right beside left, jump left forward slightly, touch right beside left

ROCK FORWARD, RECOVER, ½ TURN RIGHT FORWARD SHUFFLE, DIAGONAL, PUNCH KNEE, DIAGONAL, PUNCH KNEE

1-2 Rock right forward, recover on left
3&4 Make a ½ turn right stepping right forward, step left beside right, step right forward
5-6 Step left diagonal left forward (body facing 10:30), punch right knee towards left knee
7-8 Step right diagonal right forward (body facing 7:30), punch left knee towards right knee

STEP DIAGONAL BACK, TOUCH, STEP DIAGONAL BACK, TOUCH (WITHDRAW), SKATE, SKATE (ATTACK), STEP LARGE DIAGONAL BACK, SLIDE STEP TOGETHER (RECOIL)

- 1-2 Step left diagonal left back, touch right toe in front of left
- 3-4 Step right diagonal right back, touch left toe in front of right
- 5-6 Large skate left, large skate right
- 7-8 Large step left diagonal left back, slide right towards left and step

REPEAT
