

Press Play

COPPER KNOB
STEPPED METS

拍数: 64 墙数: 1 级数: Improver
编舞者: Michele Perron (CAN) - November 2004
音乐: Precious Thing - Steve Wariner



www.micheleper
rron.com
(16 Count
Introduction,
begin on
vocals)
Oughta Be A
Law (Teach)
Lee Roy Parnell
130bpm

SEC. I (1-8)

**SIDE, BEHIND,
TURN, HOLD,
ROCK,
RECOVER,
TURN, HOLD**
1,2 RIGHT Step
side R; LEFT
Step crossed
behind R
3,4 Execute 1/4
Turn R with R
Step forward;
HOLD (3
o'clock)
5,6 LEFT
Rock/Step
forward; RIGHT
Recover/Step
back
7,8 Execute 1/2
Turn L with
LEFT Step
forward; HOLD
(9 o'clock)

SEC. II (9-16)

**SIDE, BEHIND,
TURN, HOLD,
ROCK,
RECOVER,
TURN, HOLD**
1,2 RIGHT Step
side R; LEFT
Step crossed
behind R

3,4 Execute 1/4

Turn R with
RIGHT Step
forward; HOLD
(12 o'clock)
5,6 LEFT
Rock/Step
forward; RIGHT
Recover/Step
back
7,8 Execute 1/2
Turn L with
LEFT Step
forward (6
o'clock)

SEC.III (17-24)

**FORWARD,
LOCK,
FORWARD;
FORWARD,
LOCK,
FORWARD,
FORWARD,TU
RN/HITCH**

1,2 RIGHT Step
diagonal R
forward; LEFT
Lock/Step
forward in
behind R
3,4 RIGHT Step
diagonal R
forward; LEFT
Step diagonal L
forward
5,6 RIGHT
Lock/Step
forward in
behind L; LEFT
Step diagonal L
forward
7,8 RIGHT Step
forward;
Execute 1/4
TURN L with
LEFT Knee
Hitch** (3
o'clock)
**Option: Each
hand ?slaps?
side of hip

SEC.IV (25-32)

**SIDE, HOLD,
ACROSS,
HOLD, SIDE,
TOGETHER,
ACROSS
(SCISSOR),
HOLD**

1,2 LEFT Step

to side L;

HOLD

3,4 RIGHT Step

across front of

L; HOLD

5,6 LEFT Step

side L; RIGHT

Step beside L

7,8 LEFT Step

across in front

of R; HOLD

SEC.V (33-40)

**SIDE,
TOGETHER,
SIDE,
TURN/TOUCH,
SIDE,
TOGETHER,
TURN, TOUCH**

1,2 RIGHT Step

side R; LEFT

Step beside R

3,4 RIGHT Step

side R; Execute

1/4 Turn L with

LEFT Touch

beside R (12

o'clock)

5,6 LEFT Step

side L; RIGHT

Step beside L

7,8 LEFT Step

side L with 1/4

Turn L; RIGHT

Touch beside L

(9 o'clock)

SEC.VI (41-48)

**SIDE,
TOGETHER,
SIDE,
TURN/TOUCH,
SIDE,
TOGETHER,
SIDE, TOUCH**

1,2 RIGHT Step

side R; LEFT

Step beside R

3,4 RIGHT Step
side R; Execute
1/4 Turn L with
LEFT Touch
beside R (6
o'clock)
5,6 LEFT Step
side L; RIGHT
Step beside L
7,8 LEFT Step
side L; R Touch
beside L

SEC.VII (49-56)

**FORWARD,
HOLD,
FORWARD,
HOLD, TURN,
HOLD,
FORWARD,
HOLD**

1,2 RIGHT Step
forward; HOLD
3,4 LEFT Step
forward; HOLD
5,6 Execute 1/2
Turn R with
RIGHT Step
forward; HOLD
(12 o'clock)
7,8 LEFT Step
forward; HOLD

SEC.VIII (57-64)

**FORWARD,
HOLD, TURN,
HOLD, TURN,
HOLD, HOLD,
KNEE POP**

1,2 RIGHT Step
forward; HOLD
3,4 Execute 1/2
Turn L with
LEFT Step
forward; HOLD
(6 o'clock)
&5 Execute 1/4
Turn L with
RIGHT Step
side; LEFT
Stomp beside R
(no weight) (3
o'clock)
6,7 HOLD;
HOLD

8 RIGHT Knee
?POP? (R heel
lifts, knee
bends) (weight
on L)

Begin Again

NOTE: You will
end facing front
wall, on Count
16, LEFT
forward; so
strike a ?Pose?
(L lunge
forward, arms
out).
