

(Come On Over) Valerie

COPPER KNOB
BY STEPHEN BRETTS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Talisa Jarrett (UK) - October 2007
音乐: Valerie (feat. Amy Winehouse) - Mark Ronson : (Album or CD Single)



Section 1: ¼ turn right point, hitch x2, hitch, kick, hook, kick, flick, cross shuffle, flick, cross, back, side, step together

- 1& Turn ¼ turn right on ball of right foot pointing left to left side (1), hitch left knee beside right (&)
2& Turn ¼ turn right on ball of right foot pointing left to left side (2), hitch left knee beside right (&)
3&4& Kick left foot forward (3), hook left foot across right (&), Kick left foot forward (4), flick left foot out to left side (&)
5&6 Step left across right (5), step right to right side (&), cross left over right (6)
&7& Flick right foot out to right side (&), cross left foot over right (7), step back on left (&)
8& Step right out to right side (8), step left together (&)

Section 2: Toe touches out, together x2, kick x2, back rock, recover, forward toe struts x2, rocking chair

- 1& Touch right toe to right side (1), touch right toe to left instep (&)
2& Touch right toe to right side (2), touch right toe to left instep (&)
3& Kick right foot forward (3) repeat (&)
4& Rock back on right foot (4), recover on left (&)

Option: When rocking back on right foot angle body to 6 o'clock position looking back over right shoulder, straighten up when recovering on left

- 5& Step forward on right toe (5), drop weight onto right heel (&)
6& Step forward on left toe (6), drop weight onto left heel (&)
7&8& Rock back on right (7), recover on left (&), rock forward on right (8), recover on left (&)

Section 3: Toe struts x2, heel switches, turning heel switches ¼ right, turning jazz box

- 1& Step back on right toe (1), drop weight onto right heel (&)
2& Step back on left toe (2), drop weight onto left heel (&)
3& Touch right heel forward (3), step right in place (&)
4& Touch left heel back (4), step left down turning ¼ turn right (&)
5&6 Touch right toe to left instep (5), step right in place (&), extend left heel forwards (6)
&7 Step left in place (&), cross right over left (7)
&8& Step back on left turning ¼ right (&), step right to right side (8), step left together with right (&)

Section 4: Point forward, hold, point back hold, step, pivot ½ turn left, step, hold

- 1-2 Point right toe forward (1), hold (2)
3-4 Point right toe back (3), hold (4)
5-6 Step forward on right (5), pivot ½ turn over left shoulder (ending weight on left) (6)
7-8 Step forward on right (7), hold (8)

Section 5: Point forward, hold, point back hold, step, pivot ¾ turn right, step, hold

- 1-2 Point left toe forward (1), hold (2)
3-4 Point left toe back (3), hold (4)
5-6 Step forward on left (5), pivot ¾ turn right over right shoulder (ending weight on right) (6)
7-8 Step left to left side (7), hold (8)

Section 6: Heel steps x2, kick ball cross, side rock, recover, heel steps x3, hitch

- 1& Touch right heel forward (1), step down on right (&)
2& Touch left heel forward (2), step down on left (&)

Note: Travel slightly forward when stepping weight down on the & beats

- 3&4 Kick right foot forward (3), step right beside left (&), cross left over right (4)
&5 Rock right to right side (&), recover on left (5)
&6 Touch right heel forward (&), step down on right travelling slightly forward (6)
&7 Touch left heel forward (&), step down on left travelling slightly forward (7)
&8& Touch right heel forward (&), step right in place (8), hitch left knee (&)

Begin again

Ending: After finishing the last section, turn $\frac{1}{4}$ turn left stepping left to left side, to face the home wall
