

Enjoy Yourself

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver
编舞者: Kim Swan (UK) - November 2007
音乐: Enjoy Yourself (It's Later Than You Think) - Jools Holland & Prince Buster : (CD: Best of Friends)



Intro: At start of second verse - after 32 counts.

SECTION 1: Right shuffle, Left Shuffle, Rock, Recover, Triple 1/2 turn right

1 & 2 Shuffle forward stepping right, left, right
3 & 4 Shuffle forward stepping left, right, left
5 - 6 Rock forward on right, Recover on left
7 & 8 Triple Step 1/2 turn right stepping right, left, right

SECTION 2: Left Shuffle, Right Shuffle, Pivot 1/4 right, Cross Shuffle

1 & 2 Shuffle forward stepping left, right, left
3 & 4 Shuffle forward stepping right, left, right
5 - 6 Step left forward, Pivot 1/4 turn right
7 & 8 Cross left over right, Step right to right, Cross left over right

SECTION 3: Right, Behind, 1/4 right shuffle, Rock, Recover, Coaster

1 - 2 Step right to right side, Cross left behind right
3 & 4 Making 1/4 turn right, Shuffle forward stepping right, left, right
5 - 6 Rock forward on left, Recover on right
7 & 8 Step back left, Step right beside left, Step forward left

SECTION 4: Heel Switches completing 1/4 turn left, Step right, left, right, Pivot 1/2 left

1 & Touch right heel forward, Step right beside left
2 & Touch left heel forward, Step left beside right
3 & Touch right heel forward, Step right beside left
4 & Touch left heel forward, Step left beside right

Note: During steps 1 to 4&, complete 1/4 turn left

5 - 6 Step right forward, Step left forward

Option: Make full turn left stepping right, left

7 - 8 Step right forward, Pivot 1/2 turn left

Begin again.