

Hey There Delilah

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver
编舞者: Jess Chilton (UK) - February 2008
音乐: Hey There Delilah - Plain White T's : (Album: Every Second Counts)



Intro: 16 counts (9 seconds)

Sailor Step, ¼ Sailor Turn, Rock Recover, Shuffle ½ Turn

1&2 Cross right behind left Step left to left side Step right to place
3&4 Cross left behind right making 1/4 turn left Step right to side, Step left to place
5,6 Rock forward on right, Recover on left
7&8 Turning ½ turn right, Step forward on right, close left next to right, step forward on right.

Make ½ Turn, ½ Turn, Kick ball point, Kick ball point, Pop Knee, In, Out, In

1,2 Turning ½ turn right, step back on left, turning ½ turn left step forward on right
3&4 Kick left foot forward, step left next to right, point right foot to right side
5&6 Kick right foot forward, step right next to left, point left foot to left side
7&8 Pop left knee in to right leg, pop knee back out, and back in again

Sweep, Sailor Turn, Cross Shuffle, Step, Slide and Step Forward

1,2&3 Sweep left leg behind right doing a ¼ to left, step down on left, step right to right side, step left to left side
4&5 Cross your right over your left, close left next to it, cross right over left
6,7 Take a big step to the left on left foot, slide right foot next to it
&8 Step down on right, step left foot forward (weight remaining on left foot)

Touch unwind, step knee pops, coaster step, side, touch, side

1,2 Point right foot behind left, over right unwind ½ turn
3&4 Step forward on left, pop both knees forward, recover
5&6 Step back on left, close right next to left, step forward on left
7&8 Point right foot to right side, touch back next to left, point right to right side

Begin again

Restart: On wall 8, after the 3rd section restart the dance again

Tag: After wall 3,

1, 2, 3, 4 Sway Right, Left, Right, Left