

Jazz It Up

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Rachael McEnaney (USA) & Paul McAdam (UK) - April 2008
音乐: Jazz It Up - Reel 2 Reel



Count In: 32 counts from start of track

(1 – 8) Step touch, step touch, step close, knee pop, rolling vine left with shuffle

- & 1 & 2 Step right to right side (&), touch left toe next to right (1), step left to left side (&), touch right toe next to left (2) [12.00]
- & 3 Step right to right side (&), step left next to right (weight balanced) (3), [12.00]
- & 4 Ppop both knees forward lifting heels (&), straighten knees retuning heels to floor (4),
- 5 - 6 Make ¼ turn left stepping forward on left (5), make ½ turn left stepping back on right (6), [3.00]
- 7 & 8 Make ¼ turn left stepping left to left side (7), step right next to left (&), step left to left side (8) [12.00]

(9 – 16) Touch right forward on diagonal, step back, touch left back, step left forward, walk in circle making ¾ turn

- 1 - 2 Touch right toe across in front of left leaning slightly back (1), step right foot in place (2) [12.00]
- 3 - 4 Touch left toe behind right leaning slightly forward (3), step left foot in place (4) [12.00]
- 5 - 8 Making ¾ turn left walk in circle stepping right, left, right, left [3.00]

(17 – 24) Touch right heel forward, touch right toe back, right shuffle forward, rock forward on left, ½ turn left with left shuffle

- 1 - 2 Touch right heel forward (1), touch right toe back (2), [3.00]
- 3 & 4 Step forward on right (3), step left next to right (&), step forward on right (4) [3.00]
- 5 - 6 Rock forward on left (5), recover weight onto right (6), [3.00]
- 7 & 8 Make ¼ turn left stepping left to left side (7), step right next to left (&), make ¼ turn left stepping forward on left (8) [9.00]

(25 – 32) Syncopated jumps forward and back with ¼ turn left, 2x heel jacks (vaudeville's)

- & 1 Step forward on right (&), step forward on left shoulder width apart from right (1) – pushing hips forward [9.00]
- & 2 Step back on right (&), step back on left shoulder width apart from right (2) – pushing hips back [9.00]
- & 3 Make ¼ turn LEFT stepping forward on right (&), step forward on left shoulder width apart from right (3) – pushing hips forward [6.00]
- & 4 Step back on right (&), step back on left shoulder width apart from right (4) – pushing hips back [6.00]
- &5 & 6 Step right to right side (&), touch left heel to left diagonal (5), step in place with left (&), cross right over left (6) [6.00]
- &7 & 8 Step left to left side (&), touch right heel to right diagonal (7), step in place with right (&), cross left over right (8) [6.00]

START AGAIN, HAVE FUN!