

Love Is Better

COPPER KNOB
BY STEPHEN HETS

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Angela Rushing (USA) - August 2008
音乐: Knock On Wood - Amii Stewart



Dance Starts: 87 count intro (start on the words "I don't want") (fast Dance)

Forward Diagonal Locks (R-L), Backward Diagonal Slide 4x

- 1-2 Step Right foot diagonally forward, lock Left foot behind Right, step forward Right (with clapping)
- 3-4 Step Left foot diagonally forward, lock Right foot behind Left, step forward Left (with clapping)
- 5-6 Slide back Right foot diagonal, slide Left foot diagonal
- 7-8 Repeat 5&6

Out, Out, Kick 2x, Jump, Hold 2x

- 1 & Touch right toe to right, step right next to left
- 2 & Touch left toe to left side, step left next to right
- 3-4 Kick Right foot forward twice
- 5-6 Jump both feet to the right side, and hold
- 7-8 Repeat 5&6

Forward Rock, Recover, Back, Recover, Shuffle, ½ Turn

- 1-2 Rock Left foot forward, recover weight onto Right
- 3-4 Rock back left foot, recover weight onto Right
- 5-6 Shuffle Left foot forward- left, right, left
- 7-8 Step Right foot forward, making ½ turn to the left

Side Rock, Recover 4x (R-L), Kick Ball Change 2x

- 1-2 Rock Right foot to side, recover onto Left
- 3-4 Repeat 1&2
- 5-6 Kick right foot forward, rock back onto right with ball of right foot, recover weight on left
- 7-8 Repeat 5&6

¼ Turn, Walk Back 4x, Rock Back, Recover

- 1-2 Step Right foot forward (6:00), making ¼ turn to the left (3:00)
- 3-6 Walk Right foot backward – right, left, right, left
- 7-8 Rock back right foot, recover weight onto left

Shuffle Forward, Shuffle Back (R-L)

- 1-2 Shuffle Right foot forward – right, left, right
- 3-4 Shuffle Left foot forward – left, right, left
- 5-6 Shuffle back Right foot – right, left, right
- 7-8 Shuffle back Left foot – left, right, left

KNEE POPS (Fast)

- 1-2 Step right in place, pop knee forward, and backwards, raising and lowering heel back to the floor
- 3-4 Step left in place, pop knee forward, and backwards, raising and lowering heel back to the floor
- 5-8 Repeat 1-4

Repeat 1-56 counts Enjoy dancing and have fun!

