

Love's on The Inside

COPPER KNOB
BYEBSHETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jill Babinec (USA) & Scott Schrank (USA) - August 2008
音乐: Feel Good - Gwen Guthrie : (CD: Hot Times)



INTRO: 64 Counts from the first hard beat of music (starts after the ooh ahh ooh's feels so good)

(1-9) STEP-POINT, CROSS, POINT, SAILOR-TURN-FORWARD, BUMP, BUMP, SAILOR STEP

- &1-2-3 Step Rt across L (&), Point L toes left (1), Cross L foot over Rt (2), Point Rt toes Rt (3)
4&5 Step ball of Rt behind left (4), Make ½ turn Rt on ball of Rt stepping L foot next to Rt (&), Step
Rt foot forward shoulder width apart but keep weight mainly on left (5) (6:00)
6-7 Bump hips Rt as pivot 1/8 turn left on balls of feet (6), Repeat to face (3:00 wt L) (7)
***Option-Start Paddle turn ¼ left & bump Rt hip (6), Repeat paddle bump to finish ¼ turn (7)**
8&1 Step ball of Rt behind L foot (8), Step L next to Rt (&), Step Rt slightly forward (8)

(10-17) SAILOR- ¼ TURN, ROCK & ½ TURN, STEP, ¼ TURN L REPLACE-KICK

- 2&3 Step L behind Rt (2), Make ¼ turn L on ball of L stepping Rt next to L (&), Step L slightly
forward (3) (12:00)
4&5 Rock fwd Rt (4), Recover on L starting ½ right (&), Step fwd Rt & finish ½ turn (5) (6:00)
6-7 Step forward on L foot (6), Pivot ½ turn Rt (Weight on right)(7) (12:00)
8&1 Step forward on L (8), Turn ¼ L as you step side right (&), L slide/step next to Rt with Rt low
kick to Rt side (left foot is meant to 'kick' out right leg) (1) (9:00)

(18-24) CROSS, SIDE ROCK CROSS, BACK-BACK-BEHIND 1/8 TURN, SIDE TOGETHER-FWD

- 2&3 Cross Rt over L (2), Side rock L and slightly fwd on L (&), Recover back onto Rt (3)
4 Cross L over Rt (4)
5&6 Step Rt back on right diagonal (body will open on L diag) (5), Step L back (still on same
diagonal) (&), Step Rt back & slightly behind L (body will be open on L diag) (6)
7&8 Step L to L side as begin to square body up (7), Step R next to L (&), Step L fwd (8) (9:00)

(25-32) KNEE ROLL ¼ TURN, SHUFFLE FWD, ¼ PIVOT TURN, CROSS, WEAVE

- 1&2 Step Rt fwd and roll knee out fwd and clockwise - rotate hip to follow knee (1), Rotate Rt
knee back counter-clockwise - rotate hip to follow as you begin your ¼ turn L (&), Finish ¼
turn left (6:00) and place weight on Rt (sink wt into Rt hip like your sitting) (2)
3&4 Step L forward (3), Step Rt next to L (&), Step L forward (4)
5& Step R forward (5), Pivot ¼ turn L weight on L (&)
6 Step Rt across L (6)
7&8 Step L to L (7), Step Rt behind L (&), Step L to L (8)

Start right into your & count And have fun !!!!

Thanks to John Robinson for pointing out the CD and us finding this song!