

Shaken Not Stirred

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Improver / Intermediate
编舞者: Paul McAdam (UK) - October 2009
音乐: Don't Get Me Shook Up - Duke Robillard



Count in: 48 counts into song on approximately 27 seconds

(1-8) 2 WALKS BACK, COASTER CROSS ¼ TURN, HIP BALL CROSS X2

1,2 Walk back on left foot, walk back on right foot
3&4 Step back on left foot, step right foot together, make a ¼ turn left and cross left foot over right
5&6 Bump hips a small bump left, step right foot to right side cross left foot over right
7&8 Repeat steps 5&6

(9-16) ¼ TURN SIDE, CROSS SHUFFLE, SWITCH X2, JUMP FORWARD & BACK

1,2 Step right foot to right side, make a ¼ turn left and step left foot to left side
3&4 Cross right foot over left, step left foot to left side, cross right foot over left
5&6 Touch left toe out to left side, step left next to right, touch right toe out to right side.
&7 Step right foot forward, step left foot next to right
&8 Step right foot back, step left foot next to right

(17-24) WALKS X2, SHUFFLE, STEP ½ TURN SHUFFLE

1,2 Walk forward right, walk forward left
3&4 Right shuffle forward
5,6 Step forward on left foot, pivot ½ turn right
7&8 Left shuffle forward

(25-32) HIP BUMP TOUCHES X2 HIP BUMP TURNS X2

1&2 Touch right toe to right diagonal and bump right hip, bump hip back over left foot, step right foot on right diagonal
3&4 Touch left toe to left diagonal and bump left hip, bump hip back over right foot, step left foot on left diagonal
5&6 Make a ¼ turn left and touch right toe to right side bumping right hip, bump hip back over left foot, make a ¼ turn right and step back on right foot
7&8 Make a ¼ turn right and touch left toe to left side bumping left hip, bump hip back over right foot, make a ¼ turn right and step left foot forward

(33-40) ROCK RECOVER ½ TURN SHUFFLES X2

1,2 Rock forward on right foot, recover on left
3&4 ½ turn shuffle over right shoulder
5,6 Rock forward on left foot, recover on right
7&8 ½ turn shuffle over left shoulder

(41-48) HEEL JACKS X2 ¼ TURN HEEL JACKS X2 WITH TOUCH

&1&2 Step right foot to right side, touch left heel to left diagonal, step left foot down, cross right foot over left
&3&4 Step left foot to left side, touch right heel to right diagonal, step right foot down, cross left foot over right
&5&6 Make a ¼ turn left and step back on right foot, touch left heel to left diagonal, step down on left foot, cross right foot over left
&7&8 Step left foot to left side, touch right heel to right diagonal, step right foot down, touch left toe next to right foot.

START AGAIN AND ENJOY!
