

B.C.O (Baby Come On)

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Rachael McEnaney (USA) - October 2009
音乐: Baby Come On - Chris Anderson : (CD: Last Night Single)



Country Alt.: "Nothin To Lose" by Josh Gracin

Count In: 16 counts from start of track. Begin on vocals "Baby baby"

Notes: 1 restart on wall 6 – do first 32 counts then restart (facing 9.00)

(1 – 8) Stomp R, ¼ turn L with L kick ball change, step forward L, rock forward R, ¼ R side shuffle

1 2 & 3 Stomp right foot forward (1), make ¼ turn left kicking left foot forward (2), step in place with ball of left (&), step in place with right (3) 9.00
4, 5, 6 Step forward on left (4), rock forward on right (5), recover weight onto left (6) 9.00
7 & 8 Make ¼ turn right stepping right to right side (7), step left next to right (&) step right to right side (8), 12.00

(9 – 16) Ball side rock, R crossing shuffle, 2 x ¼ turns right stepping L R, L cross & heel jack

& 1, 2 Step left next to right (&), rock right to right side (1), recover weight onto left (2) 12.00
3 & 4 Cross right over left (3), step left to left side (&), cross right over left (4) 12.00
5, 6 Make ¼ turn right stepping back on left (5), make ¼ turn right stepping right to right side (6) 6.00
7 & 8 Cross left over right (7), step right to right side (&), touch left heel to left diagonal (8) 6.00

(17 – 24) Heel switch R & L, R cross & heel jack, heel switch L & R, L shuffle forward

& 1 & 2 Step in place with left (&), touch right heel forward (1), step in place with right (&), touch left heel forward (2) 6.00
& 3 & 4 Step in place (& slightly back) with left (&), cross right over left (3), step left to left side (&), touch right heel to right diagonal (4) 6.00
& 5 & 6 Step in place with right (&), touch left heel forward (5), step in place with left (&), touch right heel forward (6) 6.00
& 7 & 8 Step in place with right (&), step forward on left (7), step right next to left (&), step forward on left (8) 6.00

(25 – 32) Hip bumps forward R, hip bumps forward L, step R, ½ pivot L, walk R L

1 & 2 Touch right toe forward bumping hips forward (1), bump hips back (&), bump hips forward taking weight to right (2) 6.00
3 & 4 Touch left toe forward bumping hips forward (3), bump hips back (&), bump hips forward taking weight to left (4) 6.00
5 - 6 Step forward on right (5), pivot ½ turn left (weight ends on left) (6) 12.00
7 - 8 Step forward on right (7), step forward on left (8) 12.00

NOTE: RESTART HERE ON 6th wall – you will begin 6th wall facing 9.00 and will restart also facing 9.00

(33 – 40) Rock forward R, ½ turn R shuffle, rock forward L, ¾ turn L shuffle

1 - 2 Rock forward on right (1), recover weight onto left (2) 12.00
3 & 4 Make ¼ turn right stepping right to right side (3), step left next to right (&), make ¼ turn right stepping right to right side (4) 6.00
5 - 6 Rock forward on left (5), recover weight onto right (6) 6.00
7 & 8 Make ½ turn left stepping forward on left (7), step right next to left (&), make ¼ turn left stepping forward on left (8) 9.00

(40 – 48) Step diagonally forward R and L, step back in place R and L, syncopated out-out in-in out-out in-in.

- 1 - 2 Step diagonally forward on right (1) (option to put R hand on R hip), step left foot to left side (2) (option to put L hand on L hip) 9.00
- 3 - 4 Step back on right (3) (option to put R hand on butt), step left next to right (4) (option to put L hand on butt) 9.00
- & 5 & 6 Step right to right side (&), step left to left side (5), step right in towards left (&), step left next to right (6) 9.00
- & 7 & 8 Step right to right side (&), step left to left side (7), step right in towards left (&), step left next to right (8) 9.00

Ending: The last wall ends facing 3.00 – at end of dance make ¼ turn left to face front stepping right to right side with arms in air!

START AGAIN, HAVE FUN!

www.dancejam.co.uk - Rachaeldance@me.com - Tel: 07968 181933
