

Breakthrough

COPPER KNOB
BY STEPHEN

拍数: 52 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Barbara Lowe (UK), Sadiah Heggernes (NOR/UK) & Kim Ray (UK) - June 2010
音乐: Girls Just Want to Have Fun - Race for Life



32 Count Intro:

ROCK FORWARD/RECOVER, TRIPLE ½ TURN RIGHT, ½ TURN RIGHT STEPPING BACK, HOLD, & STEP BACK, ROCK BACK

1-2 Rock forward on right, recover back on left
3&4 Triple half turn right stepping right, left, right
5-6 ½ turn right stepping back on left, hold
&7-8 Step right next to left, step back on left, rock back on right (12o/c)

ROCK FORWARD, STEP FORWARD, LEFT FORWARD SHUFFLE, ¼ PIVOT TURN LEFT, CROSS POINT

1-2 Rock forward on left, step forward on right
3&4 Shuffle forward stepping left, right, left
5-6 Step forward on right, ¼ pivot turn left
7-8 Cross step right over left, point left toe to left side (9o/c)

STEP BEHIND, SIDE, SHUFFLE FORWARD, ½ PIVOT LEFT, BALL WALKS FORWARD

1-2 Cross step left behind right, step right to right side
3&4 Shuffle forward stepping left, right, left
5-6 Step forward on right, ½ pivot turn left
&7-8 Step right next to left, walk forward on left, walk forward on right (3o/c)

ROCK FORWARD/RECOVER, CHASSE ¼ TURN LEFT, ½ PIVOT TURN LEFT, CROSS, POINT

1-2 Rock forward on left, recover back on right
3&4 ¼ left stepping left to left side, step right next to left, step left to left side
5-6 Step forward on right, ½ pivot turn left
7-8 Cross step right over left, point left toe to left side (6o/c)

SAILOR STEP, TOUCH BACK, ½ TURN RIGHT, DOROTHEA STEPS X 2

1&2 Cross left behind right, step right to right side, step left to left side
3-4 Touch right toe back, ½ turn right taking weight on right
5-6& Step diagonally forward on left, lock step right behind left, step left in place
7-8& Step diagonally forward on right, lock step left behind right, step right in place (12o/c)

ROCK FORWARD/RECOVER, TRIPLE ½ TURN LEFT, ROCKING CHAIR

1-2 Rock forward on left, recover back on right
3&4 Triple ½ turn left stepping left, right, left
5-6 Rock forward on right, recover back on left
7-6 Rock back on right, recover forward on left (6o/c)

¼ PIVOT TURN LEFT, KICK BALL STEP

1-2 Step forward on right, ¼ pivot turn left
3&4 Kick right forward, step down on right, step forward on left (3o/c)

This dance is dedicated to all those who took part in Race For Life 2010 and for all those they raced for.