

Hard Hats and Hammers

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Kathy Verkamp (USA) - July 2010
音乐: Hard Hat and a Hammer - Alan Jackson



Start dancing on the lyrics. Clockwise rotation.

POINT RIGHT, STEP FORWARD RIGHT, POINT LEFT, STEP FORWARD LEFT, AND REPEAT.

- 1-2 Point right foot right, step forward right in front of left.
- 3-4 Point left foot left, step forward left in front of right.
- 5-6 Point right foot right, step forward right in front of left.
- 7-8 Point left foot left, step forward left in front of right.

RIGHT HEEL, LEFT HEEL, DOUBLE RIGHT LOW KICK. LEFT HEEL, RIGHT HEEL, DOUBLE LEFT LOW KICK, STEP ON THE LEFT FOOT.

- 1&2& Right heel forward, right together, left heel forward, left together.
- 3-4& Right foot low kick 2 times, right foot step together
- 5&6& Left heel forward, left together; right heel forward, right together
- 7-8& Left foot low kick 2 times, left foot step together.

(Restart here)

ROCKING CHAIR, 1/2 PIVOT, 1/2 PIVOT

- 1-2 Right foot rock forward; recover back on the left foot.
- 3-4 Right foot rock back; recover forward on the left foot.
- 5-6 Step forward right foot; pivot 1/2 left, weight to the left foot.
- 7-8 Step forward right foot; pivot 1/2 left, weight to the left foot.

JAZZ BOX 1/4 TURN RIGHT, SWAY

- 1-2 Cross right foot over left foot, step back with the left foot.
- 3-4 Make a 1/4 turn right stepping with the right foot, step left foot beside right.
- 5-6 Step right foot to right shifting weight to the right, then to the left.
- 7-8 Sway to the right, then again to the left.

RESTART: Only once, third time starting the dance, back wall, dance the first 16 counts and then start the dance over.

ENDING: The third full rotation at the front wall dance through to the jazz box. Do a jazz box in place, leaving out the turn to end at the front.