

Sittin' On Go

COPPERKNOB
BY STEPHEN METELNICK

拍数: 80 墙数: 2 级数: Improver / Intermediate
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - May 2011
音乐: Sittin' On Go - Bryan White



48 count intro start on verse vocals – 167bpm – 3.10

[1-8] R & L vaudeville steps

1-4 Cross step R over L, step L back on left diagonal, touch R heel forward, step R back
5-8 Cross step L over R, step R back on right diagonal, touch L heel forward, step L back

[9-16] R cross strut, L side strut (or cross walk, side walk), R cross rock/recover, ¼ R, ¼ R scuff

1-4 Cross touch R over L, step R heel down, touch L side, step L heel down
(Or cross step R over L, hold, step L side, hold)
5-8 Cross rock R over L, recover weight on L, turning ¼ right step R forward, scuff L forward
 turning ¼ right on R (6 o'clock)

[17-24] L side strut, R cross strut (side walk, cross walk), L rock/recover, L cross step, hold

1-4 Touch L side, step L heel down, cross touch R over L, step R heel down
(Or step L side, hold, cross step R over L, hold)
5-8 Rock L side, recover weight on R, cross step L over R, hold

[25-32] ¼ R vine, L fwd, ½ R pivot, L fwd rock/recover

1-4 Step R side, cross step L behind R, turning ¼ right step R forward, hold (9 o'clock)
5-8 Step L forward, pivot ½ right, rock L forward, recover weight on R (3 o'clock)

[33-40] L & R back diagonal step touches, L coaster hold

1-4 Step L back on left diagonal, touch R together, step R back on right diagonal, touch L
 together
5-8 Step L back, step R together, step L forward, hold

[41-48] R fwd lock step, hold, L fwd rock/recover, L back, R touch together

1-4 Step R forward, lock L behind R, step R forward, hold
5-8 Rock L forward, recover weight on R, step L back, touch R together

[49-56] R vine, stomp L together, L & R fancy feet

1-4 Step R side, cross step L behind R, step R side, stomp L together keeping weight on R
5-6 Turn L toes out, turn L heel out to straighten left leg transferring weight to L
7-8 Turn R toes in, turn R heel in to straighten right leg transferring weight to R

[57-64] Vine L, stomp R together, R & L fancy feet

1-4 Step L side, cross step R behind L, step L side, stomp R together keeping weight on L
5-6 Turn R toes out, turn R heel out to straighten right leg transferring weight to R
7-8 Turn L toes in, turn L heel in to straighten left leg transferring weight to L

[65-72] R rocking chair, ¼ L & R side, L hitch, ¼ L & L fwd, R hitch

1-4 Rock R forward, recover weight on L, rock R back, recover weight on L
5-8 Turning ¼ left step R side, hitch L knee, turning ¼ left step L, hitch R knee (9 o'clock)

[73-80] Vine R, ¼ L vine & scuff

1-4 Step R side, cross step L behind R, step R side, touch L together
5-8 Step L side, cross step R behind L, turning ¼ left step L forward, scuff R forward (6 o'clock)

Contact: Tel: 07967 964962, Website: www.thedancefactoryuk.co.uk

