

Addicted To Acting

COPPER KNOB
BY STEPHEN

拍数: 40 墙数: 4 级数: Improver
编舞者: Sebastiaan Holtland (NL) - July 2011
音乐: Face On the Cutting Room Floor - Nitty Gritty Dirt Band : (Album: Plain Dirt Fashion 1984 - 03:10)



Intro 16 Count (10 Sec)

Sec 1: [1-8] Step Fwd, Scuff Second 1/4 Turn L, Step Fwd, Scuff Second, Fwd Mambo R, 1/4 Turn R, Side 1/4 Turn L, Step Fwd, Scuff Second, Step Fwd, Second Scuff 1/4 Turn L, Lock step Fwd

1&2& Step Rf fwd, turn 1/4 left (9) scuff Lf fwd, step Lf slightly fwd, scuff Rf fwd weight onto Lf
3&4 Mambo Rf fwd, recover on Lf, turn 1/4 right (12) step Rf to the right weight onto Rf
5&6& Turn 1/4 left (9) step Lf fwd, scuff Rf fwd, step Rf slightly fwd, turn 1/4 left (6) scuff Lf fwd
7&8 Step Lf fwd, lock Rf behind Lf, step Lf fwd weight onto Lf (6:00) (lock step fwd)

Sec 2: [9-16] Mambo R, 1/4 Turn R, Side, Cross & Side, Behind, Side Mambo, 1/4 Turn R, Together, Chasse 1/4 Turn L

1&2 Mambo Rf fwd, recover on Lf, turn 1/4 right (9) step Rf to the right weight onto Rf
3&4 Cross Lf over Rf, step Rf slightly to the right, step Lf behind Rf **Restart**
5&6 Mambo Rf to the right, turn 1/4 right (12) recover on Lf, step Rf next to Lf take weight onto Rf
7&8 Step Lf to the left, step Rf beside Lf, turn 1/4 left (9) step Lf fwd weight onto Lf (chasse 1/4 turn L)

Restart Here WALL6 after 12 count (Facing 6 o'clock) than start again with sec 1

Sec 3: [17-24] 1/4 Cross Samba (Right), Shuffle Side, Sailor Cross 1/2 Turn R, Cross, Lock Step (3/4 turn L arch)

1&2 Cross Rf over Lf, turn 1/4 right (12) step Lf slightly back, step Rf to the right weight onto Rf
3&4 Step Lf fwd, step Rf beside Lf, step Lf to the left weight onto Lf (shuffle Side)
5&6 Step Rf behind Lf, turn 1/2 right (6) step Lf to the left, cross Rf over Lf (sailor cross 1/2 turn R)
7&8 Step Lf forward, lock Rf behind, step Lf forward
(Making a 3/4 turn arch to the left with the above steps) (9:00)

Sec 4: [25-32] Hike Fwd, Centre, Hike Side, Centre, Kick Ball Heel, Replace, Cross Mambo R, 1/4 Turn R, Side, Fwd Mambo L, 1/4 Turn R, Side

1&2& Point Rf forward bump hips fwd, hips back to centre, point Rf out to right bump hips to right, hips back to centre holding weight onto Lf (9:00)
3&4& Kick Rf fwd, step Rf back in place on ball, touch L heel fwd, step Lf back in place **Restart**
5&6 Cross mambo Rf fwd, recover on Lf, turn 1/4 right (12) step Rf to the right weight onto Rf
7&8 Mambo Lf fwd, recover on Rf, step Lf to the left take weight onto both feet (12:00)

Restart Here WALL3 after 28 count (Facing 3 o'clock) than start again with sec 1

Sec 5: [33-40] Heel Fans R-L, Toe Fans R-L, Cross, Back (pushing hips back), Chasse 1/4 Turn L

1&2& Fan R heel out to the right holding ball in contact to the floor, fan R heel back in place, Fan L heel out to the left holding ball in contact to the floor, fan L heel back in place (12)
3&4 Fan R toe out to the right holding heel in contact to the floor, fan R toe back in place, Fan R toe out to the right holding heel in contact to the floor holding take weight onto Rf
5-6 Cross Lf over Rf, step Rf back (pushing hips back) (option: raise L toes up) weight onto Rf
7&8 Step Lf to the left, step Rf beside Lf, turn 1/4 left (9) step Lf fwd weight onto Lf (chasse 1/4 turn L)

Start Again, Enjoy!

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