

We Can Help U With That

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Fred Buckley (CAN) & Vivienne Scott (CAN) - August 2011
音乐: I Can Help You With That - Shane Yellowbird



Start dancing on lyrics

Rock Forward, Recover, Shuffle Back, Touch ½ Turn, Scissor Step

1,2 Rock right forward, recover to left
3&4 Chassé back right, left, right
5,6 Touch left behind right, turn ½ left (weight on left)
7&8 Step right to side, step left together, cross right over left

Long Step Side, Sweep, Sailor ¼ Turn, 2 Count ½ Turn Traveling Forward, ½ Turn Shuffle Forward

1,2 Step left long step to left side, sweep right out to right side
3&4 Turn ¼ right and cross right behind left, step left together, step right forward
5,6 Step left forward turning ¼ left, step right back turning ¼ left
7&8 Turn ½ left and shuffle forward stepping left, right, left

Easier option:

5,6 Step left forward, step right forward
7&8 Chassé forward left, right, left

Step Side, Step Together, Back Coaster Step, Rock Forward, Recover, ½ Turn Toe Strut

1,2 Step right to side, step left together
3&4 Step right back, step left together, step right forward
5,6 Rock left forward, recover to right
7,8 Turn ½ left and touch left toe forward, drop heel

Rock Forward, Recover, ½ Turn Toe Strut, Rock Forward, Recover, ½ Turn Shuffle

1,2 Rock right forward, recover to left
3,4 Turn ½ right and touch right toe forward, drop heel
5,6 Rock left forward, recover to right
7&8 Turn ½ left and shuffle forward stepping left, right, left

Repeat
