

Rock Mix

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Beginner
编舞者: Connie Nielsen (DK) - April 2012
音乐: Rock Around the Clock - Bill Haley & The Comets : (Album: 50's Greatest Rock N'Roll)



Intro: 32 Counts.

SIDE TOE STRUT, CROSSOVER TOE STRUT, BACK, TOGETHER, CROSS, HOLD

1-2 Step Right Toe to Right side. Drop Right Heel
3-4 Step Left Toe across Right, Drop Left Heel
5-6 Step Right back, Step Left together
7-8 Cross Right over Left. Hold

SIDE TOE STRUT, CROSSOVER TOE STRUT, BACK, TOGETHER, CROSS, HOLD

1-2 Step Left Toe to Left side, Drop Left Heel
3-4 Step Right Toe across Left, Drop Right Heel
5-6 Step Left back, Step Right together
7-8 Cross Left over Right. Hold

RUMBA BOX

1-2 Step Right to Right side. Step Left beside Right
3-4 Step forward on Right. Hold
5-6 Step Left to Left side. Step Right beside Left
7-8 Step back on Left. Hold

RUN BACK X 3, HOLD, SAILOR ¼ LEFT, HOLD

1-2-3-4 Run back Right, Left, Right. Hold
5-6-7-8 Cross Left behind Right, Turn ¼ Left stepping Right a small step to Right side. Step Left to Left. Hold

STEP, PADDLE TURN 1/8 LEFT X 2, JAZZ BOX

1-2 Step Right forward, Paddle 1/8 turn Left (weight on Left)
3-4 Step Right forward, Paddle 1/8 turn Left (weight on Left)
5-6 Cross Right in front of left, step back on Left
7-8 Step right to right side, step left beside right

STEP, PADDLE TURN 1/8 LEFT X 2, JAZZ BOX

1-2 Step Right forward, Paddle 1/8 turn Left (weight on Left)
3-4 Step Right forward, Paddle 1/8 turn Left (weight on Left)
5-6 Cross Right in front of left, step back on Left
7-8 Step right to right side, step left beside right

REPEAT

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