

My Name Is Stain

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate +
编舞者: Cato Larsen (NOR) - August 2012
音乐: My Name Is Stain - Shaka Ponk : (CD: Shaka Ponk - The Geeks & The Jerkin
Socks - 2011)



Intro: Start the dance at vocals after 16 counts of intro. (8 seconds).

[1-9] ¼ Turn & Point, Hold, Body Roll (Snake Roll), Step, Step, ½ turn, ½ Turn into Side, Rock & Cross.

1,2 Turn ¼ turn left and Point right toe to right side (1), Hold (2). 9:00
3,4 Body Roll sideways (Snake Roll) weighting the right foot as you turn ¼ turn left (3,4). 6:00
5 Step forward on left (5).
6,7 Step forward on right (6), Pivot (swivel) ½ turn left (7). 12:00
8 Pivot ½ turn left Stepping right foot to right side (8). 6:00
&1 Rock (recover) weight onto left (&), Cross right over left (1).

[10-16] ¼ Pivot turn 3x, Cross Rock, Side, Ball-Cross, Hitch.

2 Turn (pivot) ¼ turn right and Step back on left (2). 9:00
3 Turn (pivot) ¼ turn right and Step right to right side (3). 12:00
4 Turn (pivot) ¼ turn right and Step left to the left side (4). 3:00
5&6 Cross right over left (5), Rock (recover) weight back onto left (&), Step right slightly to right side (6). 1:30
&7 Step slightly back on left ball (&), Cross right over left (7). 1:30
8 Hitch left knee up and Pivot 3/8 turn right (8). 6:00

[17-24] Ball-Step, Together, Ball-Step out, Sailor ¼ turn, Step, ¼ turn.

&1,2 Step ball of left slightly back (&), Step forward on right (1), Step left next to right (2).
&3,4 Step ball of right slightly back (&), Step forward on left (3), Step right slightly out to right side (4).
5& Cross left behind right (5), Step right slightly right side (&).
6 Pivot ¼ turn left Stepping forward on left (6). 3:00
7,8 Step forward on right (7), Turn (swivel) ¼ turn left (8). 12:00

Restart: Restart from here on wall number 4. You will be facing 3 O'clock.

[25-32] Cross, Side Rock, Cross, ¼ turn, Hitch, Step, Lock, Unwind ½ turn, ½ Turn Step.

1 Cross right over left (1).
&2 Step left to the left side (&), Rock (recover) weight onto right (2).
3 Cross left over right (3).
&4 Turn (pivot) ¼ turn left Stepping back on right (&), Hitch left knee up (4). 9:00
5&6 Step forward on left (5), Lock right behind left (&), Unwind ½ turn right (6). 3:00
7,8 Hold (7), Turn (swivel) ½ turn left Stepping forward on left (8). 9:00

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