

Easy and Breezy

COPPER KNOB
BY STEPHEN HETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Hayley Wheatley (UK) - August 2012
音乐: Living In the Moment - Jason Mraz



Restarts: There are two restarts in the dance.

The dance is a two wall dance, but each Restart puts you on the opposite two walls.

S1: Walk forward, Mambo step, Walk forward, Mambo step

1,2 Walk forward right, walk forward Left
3&4 Rock forward on right foot, rock back on left foot, step back on right foot
5,6 Walk forward left, walk forward right
7&8 Rock forward on left foot, rock back on right foot, step back on left foot

S2: Toe heel toe, Coaster step, Toe heel toe, Coaster ¼ turn

1&2 Touch right toe beside left, touch right heel slightly forward, touch right toe beside left
3&4 Step back on right foot, step left foot next to right, step forward on right foot
5&6 Touch left toe beside left, touch left heel slightly forward, touch left toe beside right
7&8 Make a ¼ turn left stepping back on left foot, step right foot next to left, step forward on left foot (9:00)

Restart here during wall 5 facing 6:00

S3: Rock & cross, Kick ball cross, Chasse left, Coaster step

1&2 Rock right to right side, recover onto left, cross right foot over left
3&4 Kick left foot forward, step back onto ball of left foot, cross step right foot over left
5&6 Step left to left side, close right beside left. step left to left side
7&8 Step back on right, step left beside right. step forward on right.

S4: Diagonal lock step forward L, Pigeon Toes, Diagonal lock step forward R, Pigeon Toes

1&2 Step left foot forward to left diagonal, lock right behind left, Step left forward to left diagonal
3&4 Step right foot diagonal next to left, with weight on balls of feet, turn heels out, bring heels together
5&6 Step right foot forward to right diagonal, lock left behind right, Step right forward to right diagonal
7&8 Step left foot diagonal next to right, with weight on balls of feet, turn heels out, bring heels together Finish with weight on Left Foot

S5: Heel struts x4 making ½ turn R, Cross back side, Cross back side

1&2&3&4& Heel Strut ½ turn to the right making semi circle on the floor stepping right heel forward, lower right toes, left heel forward, lower left toes, right heel forward, low right toes, left heel forward, lower left toes
5&6 Cross step right over left, step back on left, step right to right side (3:00)
7&8 Cross left over right, step back on right, step left to left side Restart here during wall 2 facing 9:00

S6: Touch close, Chasse ¼ turn, Touches and close

1,2 Touch right toe to right side, touch right toe beside left
3&4 Step right to right side, close left beside right, step forward onto right making ¼ turn to right (6:00)
5,6 Touch left toe to left side, touch left toe beside right
7,8 Touch left toe to left side, step left foot next to right

REPEAT

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