

# Full English Workout

**COPPERKNOB**  
STEPSHEETS

拍数: 48                      墙数: 4                      级数: Beginner  
编舞者: Dave Powney (UK) - January 2013  
音乐: Corned Beef City - Mark Knopfler : (Album: Privateering)



## 32 Count Intro (Start On Lyric's) Approx 13 Seconds

### Section 1: Arms

#### Cross,Uncross,Out,In,Fwd,In,Up,Down

- 1,2                      Cross Arms Hands Touching Shoulders,Uncross Arms Touch Shoulders
- 3                        Point Both Arms Out At Shoulder Height,
- 4                        Bring Hands Together In Front Of Chest
- 5,6                     Point Both Hands Forward,Bring Both Hands Into Chest
- 7,8                     Point Both Hands Upwards, Bring Both Hands Down To Chest

### Section 2: Arms Continued

#### Point R,In,Point L,In,Point R,In,Point L,In

- 1,2                     Point Both Hands Down To R,Return Hands To Chest
- 3,4                     Point Both Hands Down To L,Return Hands To Chest
- 5,6                     Point Both Hands Down To R,Return Hands To Chest
- 7,8                     Point Both Hands Down To L,Return Hands To Chest

### Section 3: Footwork

#### Grapevine R,Touch L,Grapevine 1/4turn L,Touch R

- 1,2,3,4                Step R To R,Step L Behind R,Step R To R,Touch L Next To R
- 5,6,7,8                Step L To L,Step R Behind L,Step L 1/4 Turn L Touch R Next To L

### Section 4: Footwork

#### K Step (Diagonal Steps)

- 1,2                     Step R Fwd,Touch L Next To R,
- 3,4                     Step L Back,Touch R Next To L
- 5,6                     Step R Back,Touch L Next To R
- 7,8                     Step L Fwd, Touch R Next To L

### Section 5: Footwork

#### Shuffle,Rock,Step,Shuffle,Rock,Step

- 1&2                    Step R Fwd,Step L Next To R,Step R Fwd
- 3&4                    Rock L Fwd, Recover R,Step L Back,
- 5&6                    Step R Back,Step L Next To R,Step R Back
- 7&8                    Rock Back L,Recover R, Step L Fwd,

### Section 6: Footwork Diagonal Points

#### Point,Hitch,Point,Hitch,Point,Step,Point,Hitch,Point,Hitch,Point,Step

- 1&2                    Point R Toe Back,Hitch R Knee,Point R Toe Back
- 3&4                    Point R Toe Fwd, Hitch R Knee,Step R Next To L
- 5&6                    Point L Toe Back,Hitch L Knee,Point L Toe Back
- 7&8                    Point L Toe Fwd, Hitch L Knee,Step L Next To R

## End Of Dance

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