

Covering My Ears

COPPERKNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Lisa Waters (UK) - August 2013
音乐: La La La (feat. Sam Smith) - Naughty Boy



Note: The dance starts on the lyrics "Hush, don't speak"

Out-Out, Weave ¼ turn, Toe grind ¼ turn, Coaster step

1,2 Step right forward and out to right side, Step left foot out to left side
3&4 Cross right behind left, Step left to left side, Step right forward making ¼ turn left
5,6 Step left forward keeping weight on ball of the foot, Step right back making ¼ turn left
7&8 Step back on left, Step together with right, Step forward on left

Sweep, Step-Lock-Step, Skates, Body roll

1,2 Sweep right round from back to front, Step right forward
3&4 Step left forward, Lock right behind left, Step left forward
5,6 Skate right forward (7:00), Skate left forward (5:00)
7,8 Make a ¼ turn right rolling the body forwards to end with weight on right foot

Mambo forward, ¼ Turn, Hip bumps, Weave, Full turn

1&2 Rock forward on left, Recover on right, Step left next to right
3&4 Make a ¼ turn right stepping right foot to right side, Bump hips left then right keeping weight on right foot
5&6 Step left behind right, Step right out to right, Cross left over right
7,8 Unwind a full turn to the right ending with weight on left foot

Chasse, Cross unwind ½ turn, Feet Forward-Forward-Back, ¼ Sailor turn

1&2 Step right to right side, Step left next to right, Step right to right side
3,4 Cross left behind right, Unwind ½ turn left ending with weight on left
5&6 Step forward on right heel, Step forward on left heel, Step back on right foot
7&8 Cross left behind right, Step right to right side, Make a ¼ turn left stepping forward on the left

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