

Flat Foot Sam

COPPERKNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Beginner
编舞者: Chris Cleevely (UK) - October 2013
音乐: Flat Foot Sam - Tommy Blake : (Album: 'Rock 'n' Roll Legends - Chantilly Lace - iTunes)



8 count intro

Section 1: (1 – 8) 4 Toe Struts Back

1 - 2 R toe strut back, drop heel
3 - 4 L toe strut back, drop heel
5 - 6 R toe strut back, drop heel
7 - 8 L toe strut back, drop heel

Section 2: (9 – 16) Twist to the Right, Hitch Left; Twist to the Left, Hitch Right

1 - 3 Twist to the right – heels/toes/centre
4 Hitch L
5 - 7 Twist to the left – heels/toes/centre
8 Hitch R

Section 3: (17 – 24) Cross, Tap, Step, Heel; Right Lock Step, Scuff Left

1 - 2 Cross R over L, tap L toe behind R
3 - 4 Step down on L, present R heel forward
5 - 6 Step forward on R, lock L behind R
7 - 8 Step forward on R, scuff L forward

Section 4: (25 – 32) 1/4 Jazz Box Left; Right Heel, Hook, Heel, Touch

1 - 2 Cross L over R, step back on R
3 - 4 Making ¼ turn L, step L to L side, touch R toe beside L
5 - 6 Present R heel forward, hook R across L
7 - 8 Present R heel forward, touch R toe beside L

(Try this dance to other up-beat tracks.)

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