

Mini Mix

COPPERKNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Pat Stott (UK) & Carrie Ann Green (ES) - March 2014
音乐: Word Up! - Little Mix : (Sports Relief official Charity track 2014)



16 Count intro from main beat, commence after 23 seconds from start of track.

No Tags, No Restarts

S1: Forward diagonal Step Touches

1-2 Step right fwd to right diagonal. Touch left beside right (arms wave in air L to R, click fingers)
3-4 Step left fwd to left diagonal. Touch right beside left (Arms wave in air R to L, click fingers)
5-6 Step right fwd to right diagonal. Touch left beside right(arms wave in air L to R, click fingers)
7-8 Step left fwd to left diagonal. Touch right beside left (Arms wave in air R to L, click fingers)

S2: Walk Back R,L,R, Kick, Walk Back L,R,L, Hitch

1-4 Walk back on Right, Walk back on Left, Walk back on Right, Kick L fwd (12.00)
5-8 Walk back on Left, Walk back Right Walk back on Left, Hitch R knee slightly across left

S3: Right Step, slide, Swivel heels R & L, Centre, Left Step, slide, Swivel heels L, Centre

1,2,3&4 Step to Right, slide L Step together, Swivel heels to R & L then Centre
5-6 Step to Left, slide R step together
7-8 Swivel heels to Left, then Centre

S4: Step fwd, scuff, Step ¼ turn R, scuff, Stomp, Stomp, Twist R heel in & Twist L heel in

1-2 Step R fwd, scuff L,
3-4 step L forward making a ¼ turn R, scuff R,
5-6 Stomp fwd Right, Stomp Left next to Right slightly apart
&7&8 Twist right heel in (&), straighten up and change weight to right (7), twist left heel in (&), straighten up and change weight to left (8)

End of Dance : finish on end of Section 4 swivel both heels to left making ¼ turn to the Right to face front wall (weight on both feet)

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