

Country Roots

COPPER KNOB
BY STEPHEN BISHOP

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Steve Bisson (UK) & Denise Bisson (UK) - April 2014
音乐: Get Back to the Country - Neil Young : (CD: Old Ways 1985)



Intro: 32 counts – no tags or restarts

HEEL, TOE, SHUFFLE FORWARD x 2

1-2 Touch right heel forward, touch right toes beside right
3&4 Shuffle forward – stepping right, left, right
5-6 Touch left heel forward, touch left toes beside right
7&8 Shuffle forward – stepping left, right, left

HEEL SWITCHES, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

1&2& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
3&4 Cross step right over left, step left to left side, cross step right over left
5-6 Rock left to left side, recover on right
7&8 Cross step left over right, step right to right side, cross step left over right

MODIFIED ¼ MONTEREY TURN x 2, CROSS ROCK, SAILOR STEP

1&2 Point right to right side, step right beside left with ¼ turn right [3:0], point left to left side
&3&4 Step left beside right, point right to right side, step right beside left with ¼ turn right [6:0],
point left to left side
5-6 Cross rock left over right, recover on right
7&8 Swing step left behind right, step right to right side, step left in place

CROSS ROCK, RECOVER, CHASSÉ RIGHT, CROSS ROCK, CHASSÉ ¼ TURN

1-2 Cross rock right over left, recover on left
3&4 Shuffle to right side – stepping right, left, right
5-6 Cross rock left over right, recover on right
7&8 Shuffle ¼ turn left – stepping left, right, left [3:0]

Repeat

Contact: steveandenise@gmail.com