

Come On Go West

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Improver / Intermediate
编舞者: Carrie Ann Green (ES) - August 2014
音乐: Go West - Village People : (iTunes)



Start on Vocals - No Tags, No restarts

Section 1: Rocking chair forward right, Step Pivot ½ x 2

1-4 Rock R forward. Recover onto L. Rock R back. Recover onto L
5-8 Step ball of R forward. Pivot ½ turn L (6.00) Step ball of R forward. Pivot ½ turn L (12.00)

Section 2: Grapevine Right, Ball Cross ¼ turn, Shuffle ½ turn

1-4 Step R to R Side, step L behind R, Step R to R, touch left next to right
&5,6 Step slightly back on ball of L Cross step R over L, make a ¼ turn R, stepping back on L (3.00)
7&8 Shuffle half turn R over R shoulder, stepping:- Right, Left, Right (9.00)

Section 3: L Forward Rock, L Coaster Step, R Kickball Step, Bounce x 2 - ¼ Right

1-2 Rock forward on Left, rock back on to Right
3&4 Step back on Left, step Right beside Left, step forward on Left
5&6 Kick Right fwd. step Right beside Left, step fwd Left
7-8 Bounce heels up & down x 2 to make a ¼ turn R (12.00)

Section 4: Monterey ¼ turn R, V Step

1-4 Touch right toe to right side, turn ¼ right as you step right next to left, touch left toe to left side, step left next to right (3.00)
5-6 Step R foot fwd & out, step L foot fwd & out (hip width apart)
7-8 Step R foot back in place, step L foot back in place (the last 4 counts having made a 'V' shape)

Section 5: Walk Forward R,L, Shuffle Fwd, Step ½ Turn, L Kick Ball Change

1-2 Walk fwd R, Walk fwd L
3&4 Shuffle fwd R, (R,L,R)
5-6 Step L fwd pivot ½ turn R, (9.00)
7&8 Kick L forward, step on L ball beside R, step R in place

Section 6: Side Rock, Cross Shuffle, 1/4 Turn x 2, Forward Shuffle

1 – 2 Rock left to left side. Recover onto right
3 & 4 Cross left over right. Step right to right side. Cross left over right
5 – 6 Turn 1/4 left stepping right back. Turn 1/4 left stepping left to left side (3.00)
7&8 Shuffle fwd R, (R,L,R)

Section 7 : Fwd Rock, L Lock back, touch R back, unwind ¾ , Step touch.

1-2 Rock fwd onto L, recover weight back onto R, step
3&4 Step L back, step R over L, step L back
5-6 Touch right behind left, Unwind ¾ right(weight on right) (12.00)
7-8 Step left to left side, touch right next to left

Section 8: Kick Right x 2, Right Sailor, Kick Left x 2, Left Sailor ¼ turn left

1-2 Kick right foot forward, kick right to right side
3&4 Cross right behind left. Step left to side. Step right forward
5-6 Kick Left foot forward, kick left to left side

7&8 Cross Left Behind Right, Step Right To Right Side making a 1/4 Turn Left , Step Left Foot Forward.

(9.00)

Optional arm movements on the V step Section 4 –

Count 5 -raise right arm to right diagonal

Count 6 -raise left arm to left diagonal

Count 7 -bring right arm down to lay across body

Count 8 -bring left arm down and lay across right arm (hugging)

Start again & Enjoy

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