

Glow

COPPER KNOB
BY STEPHENETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Chris Hodgson (UK) - September 2014
音樂: Glow - Ella Henderson : (CD: single)



#16 Count Intro-On Vocals

[1-8] □ SIDE-TOGETHER / CHASSE / CROSS-FULL UNWIND / CHASSE

1-2 Step Right To Right Side, Step Left Next To Right
3&4 Step Right To Right Side, Step Left Next To Right, Step Right To Right Side
5-6 Cross Left Over Right, Unwind Full Turn Right (Weight Ends On Right)
7&8 Step Left To Left Side, Step Right Next To Left, Step Left To Left Side (12)

[9-16] □ BACK ROCK / SIDE-ROCK-CROSS / BACK-1/2 TURN-HOOK / SHUFFLE FORWARD

1-2 Step Back On Right, Rock Weight Forward Onto Left
3&4 Step Right To Right Side, Rock Weight Onto Left, Cross Right Over Left
5-6 Step Back On Left, 1/2 Turn Right On Left Hooking Right Foot Over Left
7&8 Step Forward On Right, Step Left Next To Right, Step Forward On Right (6)

[17-24] □ CROSS-BACK&CROSS-BACK / TOE TAPS / HOOK-POINT-1/4 TURN (Monteray turn)

1-2& Cross Left Over Right, Step Back On Right, Step Back On Left
3-4& Cross Right Over Left, Step Back On Left, Step Back On Right
5&6 Tap Left Toes Over Right, Step Left Next To Right, Tap Right Toes Over Left
&7-8 Hook Right Over Left Shin, Point Right To Right Side, 1/4 Turn Right Stepping Right Next To Left (9)

[25-32] □ WALK FORWARD x 2 / MAMBO STEP / MAMBO 1/2 TURN / HOLD-BALL-STEP

1-2 Walk Forward On Left, Walk Forward On Right
3&4 Step Forward On Left, Rock Back Onto Right, Step Left Next To Right
5&6 Step Back On Right, Rock Forward Onto Left, 1/2 Turn Left Stepping Back On Right (3)
7&8 Hold, Step Ball of Left next to Right, Step Forward On Right

[33-40] □ CROSS&TOE&CROSS&TOE / &CROSS&CROSS&CROSS-POINT

1&2 Cross Left Over Right, Step Right Slightly To Right, Touch Left Toes To Left Diagonal
&3&4 Step Left Next To Right, Cross Right Over Left, Step Left Slightly To Left, Touch Right Toes To Right Diagonal
&5&6 Step Right Next To Left, Cross Left Over Right, Step Right Slightly To Right Side, Cross Left Over Right
&7-8 Step Right Slightly To Right, Cross Left Over Right, Point Right Toes To Right Side

[41-48] □ FLICK-POINT / SAILOR 1/4 TURN / SHUFFLE 1/2 TURN / 1/2 TURN-STEP FORWARD

1-2 Flick Right Behind Left, Point Right To Right Side
3&4 Sweep Right Around Behind Left Making 1/4 Turn Right, Step Left To Left Side, Step Right To Right Side (6)
5&6 1/4 Turn Right Stepping On Left, Step Right Next To Left, 1/4 Turn Right Stepping Back On Left (12)
7-8 1/2 Turn Right Stepping Forward On Right, Step Forward On Left (6)

BEGIN AGAIN & ENJOY!

Note: The Music Slows Down A Little Towards The End Of The Song...Just Keep Dancing!

Contact - chrissiehodgson@sky.com - 01704-879516

