

My Finger

COPPER KNOB
BY STEPHEN HETS

拍數: 40 牆數: 4 級數: Easy Intermediate
編舞者: Junior Willis (USA) & Scott Schrank (USA) - October 2014
音樂: My Finger - Leah Turner : (CD: Leah Turner- EP - iTunes)



Phrasing: 32-Count Into. 19 seconds in. Tag at the end of 2nd rotation. □

[1-8] ROCK-BACK-KICK, RUN X 3, ROCK-RECOVER-TURN, CROSS-SIDE-BEHIND

- 1&2 Rock back on R foot (1), Recover weight to L foot (&), Kick R foot forward low (2)
3&4 Make three quick steps forward starting with the R foot (R-L-R)
5&6 Rock forward on L foot (5), Return weight to R foot (&), Make 1/4 turn left stepping L foot left (6) (9:00)
7&8 Cross step R foot over L foot (7), Step L foot left (&), Cross step R foot behind L foot (8)

[9-16] □POINT & POINT & POINT-HITCH-CROSS, 1/4 TURN, SIDE, CROSS & CROSS

- 1&2& Point L toes left (1), Bring L foot next to R foot (&), Point R toes right (2), Bring R foot next to L foot (&)
3&4 Point L toes left (3), Hitch L foot over R foot (&), Step L foot over R foot (4)
5-6 Step R foot back making 1/4 turn left (5), Step L foot left (6) (6:00)
7&8 Cross step R foot over L foot (7), Step L foot slightly left (&) Cross step R foot over L foot (8)

[17-24] □BOX TURN, TRIPLE LEFT, BOX TURN, ROCK-RECOVER-POINT

- 1-2 Make 1/4 turn right stepping back on L foot (1), Make 1/4 turn right stepping R foot forward (2)
3&4 Step L foot left (3), Step R foot next to L foot (&), Step L foot left (4) (12:00)
5-6 Make 1/4 turn right stepping R foot right (5), Make 1/4 turn right stepping L foot left (6:00)
7&8 Rock R foot behind L foot (7), Recover weight to L foot (&), Point R toes right (8)

[25-32] □BEHIND & CROSS, TURN, BACK, ROCK-RECOVER-KICK-BALL-STEP, STEP

- 1&2 Step R foot behind L foot (1), Step L foot left (&), Cross step R foot over L foot (2)
3-4 Make 1/4 turn right stepping L foot back (3), Step R foot back (4) (9:00)
5&6 Rock back on L foot (5), Recover weight to R foot (&), Kick L foot forward and low (6)
&7-8 Rock back on ball of L foot (&), Step down on R foot (&), Step L foot slightly forward (8)

[33-40] □OUT, OUT, IN, IN, BUMP & STEP, SIDE-ROCK-CROSS

- 1-2 Step R foot out to right diagonal (1), Step L foot out to L diagonal (2)
3-4 Step R foot back to center (3), Step L foot next to right foot (4)
5&6 Touch R toe out to right diagonal while bumping hips right (5), Bump hips back (&), Bump hips on right □diagonal while stepping down on R foot (6)
7&8 Rock L foot left, Recover weight to R foot (&), Cross step L foot over R foot (8)

Start the dance again

TAG: After the second full rotation, add the following 8 counts:

TURN, TURN, TRIPLE STEP, TURN, TURN, TRIPLE STEP

- 1-2 Step R foot back while making 1/4 turn left (1), Step L foot forward while making 1/4 turn left (2)
3&4 Step R foot right (3), Step L foot next to R foot (&), Step R foot right (4)
5-6 Step L foot left while making 1/4 turn left (5), Step R foot right while making 1/4 turn left (6)
7&8 Step L foot left (7), Step R foot next to L foot (7), Step L foot slightly left (8)

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