

My Man's Got It Made

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Heather Freeman (UK) - November 2014
音樂: My Man - Eagles : (Album: On The Border)



Intro: 32 counts

SIDE ROCK, CROSSING SHUFFLE, ½ TURN, CROSSING SHUFFLE

1-2 Rock on right foot to right side, recover onto left foot
3&4 Cross right foot over left, step left to left side, cross right foot over left
5-6 Turn ¼ right stepping on left foot, turn ¼ right stepping on right foot
7&8 Cross left foot over right, step right to right side, cross left foot over right

SIDE ROCK, CROSSING SHUFFLE, ¼ TURN, ½ TURN, SHUFFLE

1-2 Rock on right foot to right side, recover onto left foot
3&4 Cross right foot over left, step left to left side, cross right foot over left
5-6 Turn ¼ right stepping on left foot, turn ½ right stepping on right foot
7&8 Step fwd on left foot, step right foot next to left, step forward on left foot

SHUFFLE, ½ PIVOT, SHUFFLE, FULL TURN

1&2 Step fwd on right foot, step left foot next to right, step fwd on right foot
3,4 Step fwd on left foot, pivot ½ turn over right shoulder
5&6 Step fwd on left foot, step right foot next to left, step fwd on left foot
7,8 Turn ½ left stepping on right foot, turn ½ left stepping on left foot

(Easier option: Walk forward right, left)

CHASSE, ½ CHASSE, BACK ROCK, KICK BALL CROSS

1&2 Step right to right side, step left next to right, step right to right side
3&4 Step left to left side turning ½ right, step right next to left, step left to left side
5-6 Rock back on right foot, recover onto left foot
7&8 Kick right foot fwd, step back onto right foot, cross left foot over right

Tag: comes in at the end of Wall 3 (9 o'clock) and end of Wall 6 (6 o'clock)

SIDE ROCK, BACK ROCK

1-2 Rock on right foot to right side, recover onto left foot
3-4 Rock back on right foot, recover onto left foot

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