

Sunshine Girl

COPPER **KNOB**
BY SHEILA ALLEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sheila Allen (UK) - January 2015
音樂: Sunshine Girl - Herman's Hermits



Intro: Start on Main Vocals

Sec 1: □ R heel, toe, shuffle forward, L heel, toe, shuffle forward

1-2 Touch right heel forward, touch right toe behind
3&4 Step forward right, bring left next to right, step right forward
5-6 Touch left heel forward, touch left toe behind
7&8 Step forward left, bring right next to left, step forward left

Sec 2: □ R chasse, back rock, L chasse, back rock

1&2 Step R to R side, close L next to R, step R to R side
3-4 Rock back L recover weight R
5&6 Step L to L side, close R next to L step L to L side
7-8 Rock back R recover weight onto L

Sec 3: R touch kick shuffle ½ R, L Touch Kick Shuffle ¼ L

1-2 Touch R toe next to L, kick R foot forward
3&4 ½ turn over right, stepping RLR
5-6 Touch L toe next to R kick L foot forward
7&8 Triple step turning over left shoulder ¼ turn LRL

Sec 4: □ Cross step back, step out R&L, step in R&L, hip bumps

1-2 Cross R over L step back L
&3 Step R to R side, step L to L side,
&4 Step R next to L, step L next to R
5-6 Hip bumps RL
7-8 Hips bumps RL

I hope you enjoy this beginner dance have fun.

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