

SledgeHammer

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Ann-Kristin Sandberg (NOR) - March 2015
音樂: Sledgehammer - Fifth Harmony : (iTunes)



INTRO: 20 Sec.

STEP & TWIST HEELS-COASTER STEP-STEP-PIVOT ½ TURN R-1/2 TURN R-1/4 TURN R

1&2 Step Right foot forw, Twist both heels out to Right, Twist heels back to center
3&4 Step Right foot back, Step Left next to Right, Step Right foot forw
5-6 Step Left forw, Pivot ½ turn Right (06)
7-8 ½ turn Right stepping Left back, ¼ turn Right stepping Right to Right side (03)

CROSS-RECOVER-SIDE-CROSS SHUFFLE-SIDE-BACK-RECOVER-1/4 TURN R-WALK x 2

1-2& Cross Left over Right, Recover onto Right, Step Left to Left side
3&4 Cross Right over Left, Step left to Left side, Cross Right over Left
5-6& Step left to left side, Step Right back, Recover onto Left
7-8 ¼ turn Right stepping Right forw, Step Left forw (06)

STEP-PIVOT ½ TURN L-1/2 TURN L-1/2 TURN L-STEP-1/4 TURN L-CROSS SHUFFLE-SIDE STEP

1-2 Step Right forw, Pivot ½ turn Left (12)
3-4 ½ turn Left stepping Right back(06), ½ turn Left stepping Right forw (12)
5&6& Step Right forw, ¼ turn left stepping Left to Left side, Cross Right over Left, Step Left to Left
7-8 Cross Right over Left, Step Left to Left side (09)

ROCK RECOVER-1/4 TURN R-ROCK RECOVER-STEP FORW-STEP-PIVOT ½ TURN L-STEP-PIVOT ¼ TURN L

1&2 Step Right back, Recover onto Left, ¼ turn Right stepping Right forw (12)
3&4 Step Left to Left side, Recover onto Right, Step Left forw
5-6 Step Right forw, Pivot ½ turn Left (06)
7-8 Step Right forw, Pivot ¼ turn Left (end with weight on left foot)(03)

RESTART : Wall 2 (03) dance first 16 counts & start again facing 09

ENJOY!