

Jo'Anna

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - April 2015
音樂: Gimme Hope Jo'Anna - Lou Bega : (CD: A Little Bit of 80's)



Dance starts on lyrics (at the word 'Well').(No Tags, No Restarts).

[1-8] Side, Shimmy, Together, Hold, Side, Together, Step, Hold.

1-4 Step Lt to left, drag Rt toward left, step Rt together Lt, Hold.

(Shimmy shoulders as you drag)

5-8 Step Lt to the left, step Rt together Lt, step Lt forward, Hold.

[9-16] Fwd Rock, Recover, ½ R, Step, ¼ R, Side, Back, Heel, Replace, Together.

1-4 Rock Rt fwd, recover on Lt, turn ½ right (6) step Rt fwd, turn ¼ right (9) step Lt slightly to the left.

5-8 Step Rt slightly back, touch L heel diagonal fwd, step Lt back in place, step Rt together Lt.

[17-24] Side, Touch, Side, Touch, Rolling Vine R, Touch.

1-4 Step Rt to the right, touch Lt next to Rt, step Lt to the left, touch Rt next to Lt.

5-8 Turn ¼ right (12) step Rt fwd, turn ½ right (6) step Lt back, Turn ¼ right (9) step Rt to the right, touch Lt next to Rt.

[25-32] Side, Touch, Side, Touch, ¼ L, L Hip Pushes Fwd & Together (travelling fwd), Touch.

1-4 Step Lt to the left, touch Rt next to Lt, step Rt to the right, touch Lt next to Rt.

5-8 Turn ¼ left (6) step Lt fwd push L hip fwd, step Rt together Lt, step Lt fwd push L hip fwd, touch Rt next Lt

[33-40] Side, Rising Kick L, ¼ L, Side, Rising Hitch R, Hip Bumps R-L-R, Hold.

1-4 Step Rt to the right, rising L knee up, turn ¼ left (3) step Lt slightly fwd, rising R knee up.

5-8 Step Rt slightly to the right bump hip to right, bump hip to left, bump hip to right, hold.

[41-48] Side, Together, Step, Hold, Pivot ½ L, Pivot ¼ L.

1-4 Step Lt to the left, step Rt together Lt, step Lt fwd, Hold.

5-8 Step Rt fwd, turn ½ left (9) take weight onto Lt, step Rt fwd, turn ¼ left (6) take weight onto Lt.

[49-56] Heel Grind ¼ Turn L, Back, Hook, Press, Recover, Recover, ¼ L & Lift.

1-4 Heel grind with Rt (toes from left to right) ¼ turn to right (9) step Lt back, step Rt back, hook Lt up across Rt.

5-8 Press Lt fwd, recover on Rt, recover on Lt, turn ¼ left (6) lift R heel up.

[57-64] Cross Rock Fwd, Recover, Side Rock, Recover, Break Back, Recover, Together, Hold.

1-4 Rock Rt across Lt, recover on Lt, rock Rt to the right, recover on Lt.

5-8 Turn ¼ left (3) break Rt back, recover on Lt, step Rt together Lt, Hold.

Start again and have fun! Contact: smoothdancer79@hotmail.com