

Real EZ Life

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner
編舞者: Lynn Card (USA) - July 2015
音樂: Real Life - Jake Owen



No Tags, No Restarts

SIDE ROCK, BACK ROCK, TRIPLE FORWARD, PIVOT 1/2 TURN

1,2,3,4 Rock R to right (1), Recover L center (2), Rock R back (3), Recover L center (4)
5&6,7,8 Step R forward (5), Step L next to R (&), Sep R forward (6), Step L forward and pivot 1/2 turn to right (7), Step R forward (8) (6 o'clock)

ROCKING CHAIR, FORWARD TRIPLE, PIVOT 3/4 TURN

1,2,3,4 Rock L forward (1), Recover R center (2), Rock L back (3), Recover R center (4)
5&6,7,8 Step L forward (5), Step R next to L (&), Step L forward (6), Step R forward (7), Pivot 3/4 to left recovering weight to L (8) (0 o'clock)

SIDE TRIPLE, ROCK BACK, VINE LEFT 1/4 TURN, TOGETHER

1&2, 3,4 Step R to right (1), Step L next to R (&), Step R to right (2), Rock L back (3), Recover R forward (4)
5,6,7,8 Step L to left (5), Cross R behind L (6), Make 1/4 turn to left and step L forward (7), Step R next to L (slightly apart) (8) (6 o'clock)

SWIVELS RIGHT, BUMP BUMP, SWIVELS LEFT, BUMP BUMP

1,2,3,4 Swivel heels to right (1), Swivel toes to right (2), Swivel heels to right and bump R hip to right at same time (3), Bump R hip again (4)
5,6,7,8 Swivel heels to left (5), Swivel toes to left (6), Swivel heels to left and bump L Hip to left at same time (7), Bump L hip again (8)