

Eat Your Heart Out

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ross Brown (ENG) - September 2015
音樂: La Mordidita (feat. Yotuel) - Ricky Martin : (CD: A Quien Quiera Escuchar)



Intro : □16 Counts (Approx. 15 Seconds)

S1: HEEL GRIND ¼ TURN R. SIDE ¼ TURN R, SIDE POINT. ROLLING VINE FULL TURN L into CHASSE LEFT.

- 1 – 2 Touch right heel across left, make a ¼ turn right twisting on right heel and stepping back with left.
- 3 – 4 Make a ¼ turn right stepping right to the right, point left to the left.
- 5 – 6 Make a ¼ turn left stepping forward with left, make a ½ turn left stepping back with right.
- 7 & 8 Make a ¼ turn left stepping left to the left, close right up to left, step left to the left. (6 O'CLOCK)

S2: JAZZ BOX with SHIMMIES. STEP, PIVOT ½ TURN L. ROCK FORWARD.

- 1 – 2 – 3 – 4 Cross step right over left, step back with left, step right to the right, step forward with left.
- 5 – 6 – 7 – 8 Step forward with right, pivot a ½ turn left, rock forward with right, recover onto left. (12 O'CLOCK)

S3: WALK BACK with SWIVELS. COASTER STEP. STEP, LOCK. STEP, LOCK, STEP.

- 1 – 2 – 3 Step back with right and swivel left toe out, step back with left and swivel right toe out, □step back with right and swivel left toe out.
- 4 & 5 Step back with left, step right next to left, step forward with left.
- 6 – 7 Step forward with right, lock left behind right.
- 8 & 1 Step forward with right, lock left behind right, step forward with right. (12 O'CLOCK)

S4: ROCK FORWARD. SHUFFLE ½ TURN L. STEP, PIVOT ½ TURN L. SIDE ¼ TURN L, TOGETHER.

- 2 – 3 Rock forward with left, recover onto right.
- 4 & 5 Shuffle a ½ turn left stepping; left, right, left.
- 6 – 7 Step forward with right, pivot a ½ turn left.
- 8 & Make a ¼ turn left stepping right to the right, step left next to right. (9 O'CLOCK)

S5: HIP ROCKS. HINGE ½ TURN, TOGETHER. X2.

- 1 – 2 – 3 Step right to the right rocking your hips; right, left, right.
- 4 & Make a hinge ½ turn right stepping left to the left, step right next to left.
- 5 – 6 – 7 Step left to the left rocking your hips; left, right, left.
- 8 & Make a hinge ½ turn left stepping right to the right, step left next to right. (9 O'CLOCK)

S6: SIDE ROCK. WEAVE LEFT. CROSS SHUFFLE.

- 1 – 2 Rock right to the right, recover onto left.
- 3 – 4 – 5 – 6 Cross step right over left, step left to the left, cross step right behind left, step left to the left.
- 7 & 8 Cross step right over left, close left up to right, cross step right over left. (9 O'CLOCK)

S7: (SQUARE with SHIMMIES) BACK ¼ TURN R, STEP ¼ TURN R, BACK ¼ TURN R. CHASSE RIGHT. JAZZ BOX.

- 1 – 2 – 3 Make a ¼ turn right stepping back with left, make a ¼ turn right stepping forward with right, make a ¼ turn right stepping back with left.
- 4 & 5 (Moving slightly back) Step right to the right, close left up to right, step right to the right.
- 6 – 7 – 8 Cross step left over right, step back with right, step left to the left. (6 O'CLOCK)

S8: WEAVE LEFT, FLICK. WEAVE RIGHT, SIDE POINT.

- 1 – 2 – 3 – 4 Cross step right over left, step left to the left, cross step right behind left, flick left to the left.
5 – 6 – 7 – 8 Cross step left over right, step right to the right, cross step left behind right, point right to the right. (6 O'CLOCK)

END OF DANCE!
