

Mary And Bob

COPPERKNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Phrased Easy Intermediate
編舞者: Beate Keller (DE) - November 2015
音樂: Hey, Bobba Needle - Chubby Checker



Sequence: intro (after the word ..."callin") / A-Tag1 -B-B-B-Tag2 / A-Tag1 -A- B-B-B-Tag2 / A-Tag1.
Quickstart.

PART A: 32 COUNTS

A(1-8) POINT, TOUCH, POINT, TOGETHER, HEEL SWITCH, STEP FWD, HOLD.

1 2 3 4 RF point side right(1), RF touch next to LF(2), RF point side right(3), RF step next to LF(4),
5 6 7 8 LF l heel touch fwd(5), LF step next to RF(6), RF step fwd(7), hold(8).

A(9-16) POINT, TOUCH, POINT, TOGETHER, HEEL SWITCH, TOUCH FWD, HOLD.

1 2 3 4 LF point side left(1), LF touch next to RF(2), LF point side left(3), LF step next to RF(4),
5 6 7 8 RF r heel touch fwd(5), RF step next to LF(6), LF touch fwd(7), hold(8).

A(17-24) BACK, KICK, BACK, KICK, COASTER STEP, HOLD.

1 2 3 4 LF step back(1), RF kick fwd(2), RF step back(3), LF kick fwd(4),
5 6 7 8 LF step back(5), RF step together(6), LF step fwd(7), hold(8).

A(25-32) STEP FULL TURN L OVER 8 COUNTS. (R-L-R-L)

1 2 3 4 RF step fwd (1) hold(2), ½ turn left and LF recover(3), hold(4),
5 6 7 8 RF step fwd (5) hold(6), ½ turn left and LF recover(7), hold(8). (12.00)

T1(1-16) TAG 1: (... HEY BOB): HOP R, CLOSE, 6X HIP BUMPS, (...HEY BOB): HOP L, CLOSE, 6X HIP BUMPS. (12.00 O'CLOCK, 6.00 O' CKLOCK & 12.00 O'CLOCK)

1 - 8 RF hop/jump side right(1), LF close next to RF (no weight)(2). hip bumps (l-r-l-r-l-r) (3-8)
1 - 8 LF hop/jump side left(1), RF close next to LF (no weight)(2). hip bumps (r-l-r-l-r-l) (3-8)
(12.00)

PART B: 32 COUNTS

B(1-8) WALK, HOLD, WALK, HOLD, CHASSE R, HOLD.

1 2 3 4 RF walk fwd(1), hold(2), LF walk fwd(3), hold(4),
5 6 7 8 RF step side right(5), LF step next to RF(6), RF step side right(7) (weight on both feet),
hold(8).

B(9-16) JUMP TOGETHER ¼ TURN R, HOLD, PUSH, HOLD, LOCK STEP FWD, HOLD.

1 2 3 4 RF&LF jump together and ¼ turn right(1) (3.00), hold(2), *RF&LF push hips back a. stretch
knees(3), hold(4),

*Option: LF touch in place next to RF(3)

5 6 7 8 LF step fwd(5), RF lock behind LF(6), LF step fwd(7), hold(8).

B(17-24) STEP BACK ¼ TURN L, HOLD, WALK BACK, HOLD, COASTER STEP, HOLD.

1 2 3 4 RF ¼ turn left and step back(1) (12.00), hold(2), LF walk back(3), hold(4),
5 6 7 8 RF step back(5), LF step together(6), RF step fwd(7), hold(8).

B(25-32) STEP BACK ¼ TURN R, HOLD, STEP FWD ½ TURN R, HOLD, (L-R), HALF RUMBA BOX, HOLD.

1 2 3 4 LF ¼ turn right and step back(1), hold(2), RF ½ turn right and step fwd (9.00) (3), hold(4),
5 6 7 8 LF step side left(5), RF step together(6), LF step fwd(7), hold(8).

T2(1-8) TAG 2: ¾ MONTEREY TURN L OVER 8 COUNTS. (3.00 O'CLOCK & 9.00 O'CLOCK)

1 2 3 4 RF point side right(1), hold(2), RF ½ turn left and step next to LF(3), hold(4),
5 6 7 8 LF point side left(5), hold(6), LF ¼ turn left and step next to RF(7), hold(8).

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