

Country Roots

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Sebastiaan Holtland (NL) - February 2016
音樂: High Five - Michael English : (CD: Country Roots 2014)



Introduction: 36 counts, start on approx. 17 sec.

Sequence: 64, Tag (6:00), 64, 32, Restart (6:00), 64, Tag (12:00), 64, 64, Tag (12:00), 64, 64, 16 ending (12:00).

Part I. 1-8 Side, Behind, ¼ L, Step, Hitch, Step, Lock, Step, ½ L, Hook.

1-4 Step L to L, Step R behind L, Making ¼ turn L (9) step L forward, Hitch R knee up.
5-8 Step R forward, Lock L behind R, Step R forward, Making ½ turn L (3) hook L up across R.

PART II. 9-16 Step, Lock, Step, Hold, ¼ Pivot Turn L, Together, Hold.

1-4 Step L forward, Lock R behind L, Step L forward, Hold.
5-8 Step R forward, Pivot ¼ turn L (12) onto L, Step R next to L taking weight onto R, Hold.

PART III. 17-24 L Half Rumba Box, Hold, Coaster Step, Hold.

1-4 Step L to L, Step R next to L, Step L forward, Hold.
5-8 Step R back, Step L next to R, Step R forward, Hold.

PART IV. 25-32 Step, Lock, Step, ½ L, Knee Lift R, Step, Lock, Step, Hold.

1-4 Step L forward, Lock R behind L, Step L forward, Making ½ turn L (6) onto L and lift R knee up.
5-8 Step R forward, Lock L behind R, Step R forward, Hold.

Restart here in WALL 3 after 32 counts, than start again (facing 6 o'clock).

PART V. 33-40 Fwd Rock / Recover with Hip action, Side Rock / Recover with Hip action, Sailor Turn R, Hold.

1-4 Step L forward (hips), Recover back onto R, Step L to L (hips), Recover back onto R.
5-8 Step L behind L, Making ¼ turn R (9) step R to R, Step L forward, Hold.

PART VI. 41-48 Side Toe Strut, Behind, ¼ R, Side, 2x Side & Touch L-R.

1-4 Step R to R on toe, Drop R heel taking weight on R, Step L behind R, Making ¼ turn R (12) step R to R.
5-8 Step L to L, Touch R next to L, Step R to R, Touch L next to R.

PART VII. 49-56 Sycopated Rumba Box with Holds.

1-4 Step L to L, Step R next to L, Step L forward, Hold.
5-8 Step R to R, Step L next to R, Step R forward, Hold.

Part VIII. 57-64 ½ Pivot Turn R, Step, Hold, R Half Rumba Box, Hold.

1-4 Step L forward, Pivot ½ turn R (6) onto R, Step L forward, Hold.
5-8 Step L to L, Step R next to L, Step R forward, Hold.

*1st Tag here ending WALL 1 on 6 o'clock,

**2nd Tag ending WALL 4 on 12 o'clock,

***3rd Tag ending WALL 6 on (12 o'clock).

TAG: Back Stomp L, Front Stomp R, Hold for 2 counts.

1-4 Stomp L behind R, Stomp R in front of L taking weight onto R, Hold for 2 counts.

REPEAT DANCE AND HAVE FUN!!!

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