

Memphis

COPPER KNOB
BY STEPHEN HAYES

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Barry Amato (USA), Rachael McEnaney (USA) & Maddison Glover (AUS) - July 2016
音樂: Memphis - Wesley Michael Hayes : (CD: Bent)



Music Download available on www.wesleymichaelhayes.com

Skate, Skate, Shuffle Step, ¼ Turn L, Walk, Walk, Forward Mambo

- 1-2 Weight on balls of both feet, skate R-L. (1-2)
3&4 Shuffle to the right stepping R, together L, side R. (3&4)
5-6 ¼ turn to the L as you step forward on the L foot (5). Step forward on the R foot (6).
7&8 Begin forward mambo stepping forward on the L (7). Recover in place on R foot (&). step L foot together with the R (8).

Tap Heel Forward, Toe Back, Shuffle Forward, Tap Heel Forward, Toe Back, Shuffle Forward

- 1-2 Tap the R heel forward leaning your upper body back slightly (1). Tap the R toe back leaning you'r upper body forward (2).
3&4 Shuffle forward stepping forward on the R (3). Slide and lock the L behind the R foot (&). Step forward on the right foot (4).
5-6 Tap the L heel forward leaning back (5). Tap the L toe back leaning forward (6).
7&8 Shuffle forward stepping forward on the L (7). Slide and lock the R behind the L foot (&). step forward on the left foot (8).

Heel Rock Forward, Recover, Step On R (&). Heel Rock Forward, Recover, Full 1 ½ Turn Over L Shoulder, Shuffle Forward

- 1-2 Rock forward on the R heel (1). Recover on the L foot in place (2)
& Quick weight change to the R foot (&).
3-4 Rock forward on the L heel (3). Recover on the R foot in place (4).
5-6 Begin a 1 ½ turn by doing a ½ turn over the L shoulder and then stepping forward on the L foot (5). Continue to turn another ½ turn over the L shoulder stepping on the R foot next to the L (6).
7&8 To complete 1 ½ turn, pivot on the ball of R foot another ½ turn over L shoulder and begin to shuffle stepping forward on the L foot (7). Slide and lock R foot behind L (&). Complete shuffle by stepping forward on the L foot (8).

Step Side, Cross Step, Step Side, Touch, Step Side, Cross Step, Step Side, Touch. (Single Clap On & Counts And Double Clap On &4 - &8)

- 1-4 Step to the R (1). Clap (&). Cross the L foot over the R (2). Clap (&). Step to the R (3). Touch the L next to the R and clap 2x (&4).
5-8 Step to the L (5). Clap (&). Cross the R foot over the L (6). Clap (&). Step to the L (&). Touch the R next to the L and clap 2x (&8).

Begin dance again!!

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