

Shake Your Bacon

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Marek Kociolek - October 2016
音樂: "Schuttel Dein Speck" by Peter Fox



Start After 16 count intro:

WALK, WALK, SIDE ROCK CROSS, WALK, WALK, SIDE ROCK CROSS

1-2 Step forward R (1), Step forward L (2) (12.00)
3&4 Right Side rock recover (3&), cross over left (4) (RLR)
5-6 Step back L (5), Step back R (6)
7&8 Left side rock recover (7&), cross over right (8) (LRL)

WALK, WALK, ½ PIVOT STEP, TURN, TURN, ROCK RECOVER ¼ TURN

1-2 Step forward R (1), Step forward L (2)
3&4 Step forward R (3), 1/2 turn left transferring weight through left foot (&), step forward R (4)(6.00)
5-6 Step L forward ½ turn right (5), step R back ½ turn right (6) (6.00) (LR)
7&8 Step forward L (7), 1/4 turn right transferring through right foot (&), cross L over R (8) (9.00)

CHASSE, ROCK RECOVER, CHASSE, ROCK RECOVER

1&2 Step R to right side (1), Close L to R (&), Step R to right side (2)
3-4 Rock back on L foot (3) and recover R (4) (9.00)
5&6 Step L to left side (5), Close R to L (&), Step L to left side (6)
7-8 Rock back on R foot (7) and recover L (8). (9.00)

STEP PIVOT, STEP PIVOT, KICK BALL CHANGE, KICK BALL CHANGE

1-2 Step R forward (1), Turn left 1/2 turn step L (2) (3.00)
3-4 Step R forward (3), Turn left 1/2 turn step L (4) (9.00)
5&6 Kick R forward (5) Step on ball R foot (&) Step L (6)
7&8 Kick R forward (7) Step on ball R foot (&) Step L (8)

Variation: Add two full turns over right shoulder in section 2 (5&6&)

Have Fun!

Contact: Timberlinedance@hotmail.com