

Love-A-Holics Anonymous

COPPER KNOB
BY STEPSHEETS

拍數: 48 牆數: 4 級數: High Beginner
編舞者: Pat Esper (USA) - November 2016
音樂: 12 Step Program (of Love) by D. D. Alan



Dance map: 16 intro-48-48-48-48-48-16 Restart-48-48...

[1-8]: Full k-step

- 1-2. Step forward on the right foot at an angle. Touch the left foot next to the right
- 3-4. Step back at an angle on the left foot. Touch the right foot next to the left.
- 5-6. Step back at an angle on the right foot. Touch the left foot next to the right.
- 7-8. Step forward at an angle on the left foot. Touch the right foot next to the left.

[9-16]: Vine right, Touch, Vine left, Quarter turn touch

- 1-2. Step the right foot to the side. Step the left foot behind the right.
- 3-4. Step the right foot to the side. Touch the left foot next to the right. (option: scuff the left)
- 5-6. Step the left foot to the side. Step the right foot behind the left.
- 7-8. Step the left to the side. Turn a quarter turn to the left and touch the right foot next to the left.

[17-24]: Stomp, Clap, Stomp, Clap, Triple forward, Rock, Recover

- 1-2. Stomp the right foot forward. Clap.
- 3-4. Stomp the left foot forward. Clap
- 5&6. Step forward on the right foot, Step the left foot next to the right, Step forward on the right foot.
- 7-8. Rock forward on the left foot. Recover onto the right foot.

[25-32]: Half turn step, Hitch turn, Step, Hitch turn, Step, Hitch, Step, Step together

- 1-2. Turning a half turn to the left, Step forward on the left foot. Hitch the right knee up while turning a half turn left.
- 3-4. Step down (slightly back) on the right foot. Hitch the left knee up while turning a half turn to the left.
- 5-6. Step forward on the left foot. Hitch the right knee up with a slight scoot forward.
- 7-8. Step forward on the right foot. Step the left foot next to the right.

[33-40]: Ramble to the right, Clap, Ramble to the left, Clap

- 1-2. Turn the heels to the right. Turn the toes to the right.
- 3-4. Turn the heels to the right. Clap.
- 5-6. Turn the heels to the left. Turn the toes to the left.
- 7-8. Turn the heels to center. Clap.

[41-48]: Monterey quarter turn right. Monterey quarter turn right.

- 1-2. Touch the right toes to the side. Turn a quarter turn to the right and step the right foot next to the left.
- 3-4. Touch the left toes to the side. Step the left foot next to the right.
- 5-6. Touch the right toes to the side. Turn a quarter turn to the right and step the right foot next to the left.
- 7-8. Touch the left toes to the side. Step the left foot next to the right.

Start again

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