

Grace & Grit

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Henrik Gronvold (NOR) - February 2017
音樂: Grace & Grit - Meghan Patrick



Start on Lyrics

Step R frw, twist heels, hitch , coaster step, touch

1,2 Step RF forward, with weight on both feet twist both heels forward
3,4 Twist heels back to center, push R knee up
5,6 Step RF back, step LF beside RF
7,8 Step RF forward, touch LF beside RF

Vine L, scuff, vine R, scuff

1,2 Step LF to L, step RF behind LF
3,4 Step LF to L, scuff RF forward
5,6 Step RF to R, step LF behind RF
7,8 Step RF to R, scuff LF forward

Step out L, Step out R, Hands on your Hip, Heel bounce with hip roll

1,2 Step LF out to L, step RF out to R
3,4 Place R hand on R hip, place L hand on L hip
5,6,7,8 Bounce your heels up & down while you roll your hips back from R to L side starting to the R
Ending with weight on LF.

Shuffle R with ¼ turn L, Shuffle L, touch

1,2 Step RF to R, step LF beside RF
3,4 Step RF to R, turn a ¼ to L & touch LF beside RF (9:00)
5,6 Step LF to L, step RF beside LF
7,8 Step LF to L, touch RF beside LF

Restart dance & enjoy

Contact: dj.henrik84@gmail.com
