

Hide and Seek!

COPPER KNOB
BY STEPHEN HETS

拍數: 76 牆數: 1 級數: Intermediate Polka
編舞者: Niels Poulsen (DK) - March 2017
音樂: Let's Pretend We Never Met - Joey + Rory : (iTunes)



Intro: 16 counts (app. 9 secs. into track). Start with weight on L foot – FACING 1:30

*12 count BRIDGE: On wall 3, after 40 counts.
Do counts 25-32 AND 41-44. Then continue from count 45

Ending: You automatically end at 12:00 after 24 counts during your 4 repetition of the dance

[1 – 8] □ Gallops with R, L jazz ½, fwd R

1&2& Step R fwd (1), step L behind R (&), step R fwd (2), step L behind R (&) □1:30
3&4 Step R fwd (3), step L behind R (&), step R fwd (4) □1:30
5 – 8 Cross L over R (5), turn ¼ L stepping R back (6), turn ¼ L stepping L fwd (7), step R fwd (8)
 □7:30

[9 – 16] □ Gallops with L, R jazz 3/8, fwd L

1&2& Step L fwd (1), step R behind L (&), step L fwd (2), step R behind L (&) □7:30
3&4 Step L fwd (3), step R behind L (&), step L fwd (4) □7:30
5 – 8 Cross R over L (5), turn ¼ R stepping L back (6), turn 1/8 R stepping R fwd (7), step L fwd (8)
 □12:00

[17 – 24] □ R kick ball step, step turn L X 2, syncopated jump fwd & out R&L, clap hands

1&2 Kick R fwd (1), step R next to L (&), step L fwd (2) □12:00
3 – 6 Step R fwd (3), turn ½ L onto L (4), step R fwd (5), turn ½ L onto L (6) □12:00
&7 – 8 Jump R diagonally fwd R (&), jump L diagonally fwd L (shoulder with) (7), clap hands (8)
 □12:00

[25 – 32] □ Apple jacks R&L, then R&R. Repeat apple jacks to L&R, then L&L

1&2& Swivel R toes to R side & L heel to R side (1), return feet to centre (&), swivel L toes to L side
& R heel to L side (2), return feet to centre (&) □12:00
3&4& Swivel R toes to R side & L heel to R side (3), return feet to centre (&), swivel R toes to R
side & L heel to R side (3), return feet to centre (&) □12:00
5&6& Swivel L toes to L side & R heel to L side (5), return feet to centre (&), swivel R toes to R side
& L heel to R side (6), return feet to centre (&) □12:00
7&8 Swivel L toes to L side & R heel to L side (7), return feet to centre (&), swivel L toes to L side &
R heel to L side (8) – weight should be on L and your L foot open towards L diagonal □12:00

Option □ Instead of apple jacks you can swivel your heels in, in this order: R&L&R&R then L&R&L&L

[33 – 40] □ R cross rock, R side rock, R sailor step, L sailor step

1 – 4 Cross rock R over L (1), recover on L (2), rock R to R side (3), recover on L (4) □12:00
5&6 Cross R behind L (5), step L a small step to L side (&), step R to R side (6) □12:00
7&8 Cross L behind R (7), step R a small step to R side (&), step L to L side (8) 12:00

* BRIDGE/wall 3 □

[41 – 44] □ Cross over, ¼ R X 2, cross over

1 – 4 Cross R over L (1), turn ¼ R & step L back (2), turn ¼ R & step R to R (3), cross L over R (4)
 □6:00

[45 – 52] □ Side R, L sailor, cross, side L, R sailor ¼ R, fwd L

1 - 2&3 Step R to R side (1), cross L behind R (2), step R to R side (&), step L to L side (3) □6:00
4 Cross R over L (4) □6:00

5 - 6&7 Step L to L side (5), cross R behind L (6), turn ¼ R & step L next to R (&), step R to R side (7) □9:00

8 Step L fwd (8) □9:00

[53 – 60] □L full turn, step ½ L, R&L kicks fwd, R shuffle

1 – 2 Turn ½ L stepping back on R (1), turn ½ L stepping L fwd (2) □9:00

3 – 4 Step R fwd (3), turn ½ L onto L (4) □3:00

5&6& Kick R fwd (5), step down on R (&), kick L fwd (6), step L down (&) – you travel slightly fwd □3:00

7&8 step R fwd (7), step L behind R (&), step R fwd (8) □3:00

[61 – 68] □Fwd L, swivel heels L, L coaster step, rock R fwd, shuffle ½ R

1&2 Step L fwd (1), swivel both heels L and up (&), return heels to centre with weight on R (2) □3:00

3&4 Step back on L (3), step R next to L (&), step L fwd (4) □3:00

5 – 6 Rock R fwd (5), recover back on L (6) □3:00

7&8 Turn ¼ R stepping R to R side (7), step L next to R (&), turn ¼ R stepping R fwd (8) □9:00

[69 – 76] □L rocking chair, step L fwd, 3/8 R, step fwd L, slide R

1 – 4 Rock L fwd (1), recover back on R (2), rock back on L (3), recover fwd onto R (4) □9:00

5 – 6 Step L fwd (5), turn 3/8 R stepping fwd onto R (6) □1:30

7 – 8 Step L a big step fwd (7), slide R next to L (weight still on L) (8) □1:30

Start again

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