

The 7 Habits

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Andy Williams (USA) - April 2017
音樂: 7 Habits by Jannah Bolin



#8 count intro

WALK, WALK, TRIPLE STEP, STEP PIVOT 1/4, CROSS AND CROSS

1-2 Walk forward, right, left.
3&4 Step right forward, step left next to right, step right forward.
5-6 Step left forward, pivot 1/4 right. (weight on right)
7&8 Step left across right, step right next to left, step left across right.

TURN 1/4 X 2, ROCK, RECOVER, COASTER STEP, TRIPLE STEP

1-2 Step back on right, turn 1/4 left, step left to side turning 1/4 left.
3-4 Rock right forward, recover to left.
5&6 Step right back, step left next to right, step right forward.
7&8 Step left forward, step right next to left, step left forward.

ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, TRIPLE STEP, SWAY FORWARD, SWAY, PIVOT 1/2

1&2& Rock right forward (1), recover to left (&), rock right back (2), recover to left (&)
3&4 Step right forward, step left next to right, step right forward.
5-6 Sway hips as you step left forward, sway hips back.
7-8 Step left forward, pivot 1/2 right.

CHASSE 1/4, SAILOR STEP, COASTER STEP, KICK BALL STEP

1&2 Step left to side turning 1/4 right, step right next to left, step left to side.
3&4 Step right behind left, step left slightly to side, step right home.
5&6 Step left back, step right next to left, step left forward.
7&8 Kick right forward, step down moving forward, large step forward left.

This is dedicated to my son Nicholas and his school Dresden Elementary as well as all the Elementary schools that teach the 7 Habits for the development of our kids.

Thank you to Jannah Bolin and Jody Richards Elementary for the Inspiring song

Contact: Timetodance2011@yahoo.com - April 2017