

All My Best

COPPER KNOB
BY STEPHEN

拍數: 68 牆數: 2 級數: Improver
編舞者: Cheryl Carter (UK) - May 2017
音樂: All My Best (A Tribute to Merle Haggard) - Sarah Dunn Band : (Album: Wild Wild Heart)



Music available from iTunes/Amazon

Note: Dance starts on vocal "Heart" approx. 8 Secs into track

SEC 1: SIDE ROCK/RECOVER, DIAGONAL SHUFFLE FWD, SIDE ROCK/RECOVER, DIAGONAL SHUFFLE FWD

1-2 Rock right to right side, recover on left
3&4 To left diagonal shuffle forward right, left, right (10:30)
5-6 Rock left to left side, recover on right
7&8 To right diagonal shuffle forward left, right, left (1:30)

SEC 2: (FACING 1:30) STEP R, KICK BALL STEP, STEP L, KICK BALL STEP, STEP, WALK R, WALK L

1 Step forward right
2&3 Left kick ball step
4 Step forward left
5&6 Right kick ball step
7-8 Walk forward right, walk forward left

SEC 3: ROCK, SHUFFLE 1/2 TURN, SHUFFLE 1/2 TURN, BACK, TAP

1-2 Rock forward on right, recover weight back on left (1:30)
3&4 1/2 turn shuffle right stepping right, left, right (7:30)
5&6 1/2 turn shuffle right stepping left, right, left (1:30)
7-8 Step back right, tap left next to right (1:30)

SEC 4: EXTENDED LOCK STEP, LOCK STEP, ROCK 1/8 TURN L/RECOVER, CROSS SHUFFLE

1-2 Step forward left, lock the right behind the left (1:30)
3&4 Keeping on diagonal, step forward left, lock right behind left, step forward left
5-6 Rock out right turning 1/8 turn left, recover on left (12:00)
7&8 Cross right over left, step left to left side, cross right over left

SEC 5: BACK, CLAP, BACK, CLAP, COASTER, STEP, 1/4 LEFT

1-2 Step back left on the left diagonal, touch right next to left and clap
3-4 Step back right on the right diagonal, touch left next to right and clap
5&6 Step back left, step right beside left, step forward left
7-8 Step forward right, turn 1/4 left stepping left to side (9:00)

SEC 6: CROSS SHUFFLE, SIDE, TAP, KICK BALL CROSS, SIDE, 1/4 LEFT TAP

1&2 Cross right over left, step left to left side, cross right over left
3-4 Step left to left side, tap right next to left
5&6 Kick right to right diagonal, step right in place, cross left over right
7-8 Take large step right to right side, turn 1/4 turn left as you cross tap left over right (click fingers shoulder height)

(facing 6:00)

SEC 7: STEP, POINT R, SHUFFLE, ROCK/RECOVER, 3/4 SHUFFLE

1-2 Step forward left, point right to right side
3&4 Shuffle forward right, close left next to right, step forward right

5-6 Rock forward left, recover back on right
7&8 1/2 turn left step left forward, 1/4 turn step right beside left, step left beside right (9:00)

SEC 8: SIDE ROCK/RECOVER, & SIDE ROCK/RECOVER, CROSS, 1/4 BACK, CHASSE

1-2 Rock right to right side, recover on left
& 3-4 Close right next to left, rock left to left side, recover on right
5-6 Cross left over right, turn 1/4 left stepping back on right
7&8 Step left to left side, close right next to left, step left to left side

SEC 9: RIGHT JAZZ BOX CROSS

1-2 Cross right over left, step back on left
3-4 Step right to right side, cross left over right

Special thanks to Vikki Morris for her suggestions.... I hope you enjoy the dance xx

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