

A Monster!

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Anna Szymanski (USA) - June 2017
音樂: 2 Heads - Coleman Hell : (iTunes and Amazon)



(No Tags Or Restarts)

Intro: On the word "water" start counting and wait 32 counts. Then, dance these 32 counts as an "intro" – only once during the instrumental section at the beginning of the song.

[1-32] VINE R, TOUCH, VINE L, TOUCH, FORWARD 3, TOUCH, BACK 3, TOUCH, REPEAT

1-4 Step R to right (1); Step L behind R (2); Step R to right (3); Touch L beside R (4)
5-8 Step L to left (5); Step R behind L (6); Step L to left (7); Touch R beside L (8)
1-4 Walk forward R, L, R (1-3); Touch L beside R (4)
5-8 Walk back L, R, L (5-7); Touch R beside L (8)
1-16 Repeat above 16 counts (12:00)

Dance: This starts with the lyrics at approximately 33 seconds into the song on the word "you".

[1-8] ROCK R, RECOVER, R COASTER STEP, ROCK L, RECOVER, L COASTER

1-2 Rock R to right circling R hip forward/out to right (1); Recover on L (2)
3&4 Step R back (3); Step L beside R (&); Step R forward (4)
5-6 Rock L to left circling L hip forward/out to left (5); Recover on R (6)
7&8 Step L back (7); Step R beside L (&); Step L forward (8) (12:00)

[9-16] ROCKING CHAIR, 1/2 PIVOT TURN, TRIPLE STEP with EITHER 1/2 OR 1 & 1/2 L TURN

1-4 Rock R forward (1); Recover on L (2); Rock R back (3); Recover on L (4)
5-6 Step R forward (5); Turn 1/2 left shifting weight to L (6)
7&8 Turn 1/4 left stepping R to right (7); Step L beside R (&); Turn 1/4 left stepping R back (8)
(12:00)

Experienced dancers option for count 7&8: You may do a 1 & 1/2 turn left –

Turn 1/2 left stepping R back (7); Turn 1/2 left stepping L forward (&); Turn 1/2 left stepping R back (8). Take small steps as you turn. End facing 12:00.

[17-24] POSE, HOLD, DIAGONAL WALKS, FORWARD MAMBO, COASTER STEP SQUARING UP

1-2 Allowing body to face 11:00 - Step L foot behind R like a "sit" position with ball of R foot on the floor and knees slightly bent – (optional arms - L arm up to left, R arm out to right side, palms down, elbows slightly bent) (1); Hold (2) (11:00)

Experienced dancers option for counts 1-2: Allowing body to face 11:00 - Step L foot behind R with weight up on balls of both feet – legs straight – arms same as above (1); Hold as you lower and shift weight to L foot (2)

3-4 Toward 11:00 - Step R forward (3); Step L forward (4) (arms come down as you walk)
5&6 Rock R forward (5); Recover on L (&); Step R back (6) (11:00)
7&8 Step L back (7); Step R beside L squaring up to 12:00 (&); Step L forward (8) (12:00)

[25-32] JAZZ BOX 1/4 TURN R, JAZZ BOX CROSS

1-4 Cross R over L (1); Step L back (2); Turn 1/4 right stepping R to right (3); Step L slightly forward (4) (3:00)
5-8 Cross R over L (5); Step L back (6); Step R to right (7); Cross L over R (8) (3:00)

BEGIN AGAIN! ENJOY!

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