

Instrumentally Irish

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mikael Mölsä (FIN) - August 2017
音樂: I'm Shipping up to Boston (From "Rizzoli & Isles") (Instrumental) - The Irish Travelers : (CD: Irish Pub Songs: Drinking Songs from Ireland)



Starting point: After the 8 counts, at about 0:07.

STEP OUT, OUT, APPLEJACKS, STEP SIDE, HOLD, STEP TOGETHER, SIDE STEP, SCUFF, HITCH

- 1-2 Step right forward, step left to side (shoulder width apart)
3&4& Turn left toe and right heel to left, return them back to center, turn left heel and right toe to right, return them back to center (weight ends up on right)
5-6 Step left to side, hold
&7 Step right next to left, step left to side
8& Scuff right foot, hitch right foot

Note: If the applejacks are too difficult or are not your thing, you can replace them with heel splits.

PIVOT TURN, STEP FORWARD, STEP SIDE, ¼ LEFT TURNING SAILOR STEP, ½ LEFT TURNING SAILOR STEP

- 1-2 Step right forward, turn ½ to left
3-4 Step right forward, step left to side
5&6 Step right behind left, step left next to right, turn ¼ to left while stepping right to right diagonal
7&8 Step left behind right, turn ½ to left by stepping right next to left, step left to left diagonal

TOE TOUCHES, HEEL SWITCHES, TOE & HEEL TOUCHES, ¼ LEFT TURN, FLICK, SCUFF, HITCH

- 1& Touch right to right side, step right next to left
2& Touch left to left side, step left next to right
3& Touch right heel forward, step right next to left
4& Touch left heel forward, step left next to right
5& Touch right heel forward, step right next to left
6& Touch left toe back, step left next to right
7& Touch right heel forward, turn ¼ to left while flicking right heel
8& Scuff right foot forward, hitch right foot across left

STEP ACROSS, HOLD, ANKLE BREAKERS, CROSS, BACK, BACK, CROSS, TURN, FORWARD

- 1-2 Step right across left, hold (weight is on left with only right outstep touching the ground)
3&4 Move the weight to your right foot, move it back to your left foot, move your weight to right foot
5& Step left across right, step right back
6& Step left back, step right across left
7&8 Step left back, turn ¼ to right while stepping right to side, step left forward

Note: To pull off the ankle breakers (3&4), keep your weight on left foot and only touch right outstep on the ground. When you move your weight to your right foot, on your left foot only the outstep touches the ground. And same vice versa.

REPEAT

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