

Hold your Head High

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Shelly Guichard (UK) & Conor McVeigh (UK) - August 2017
音樂: Runaways (feat. Teemu) - Sam Feldt & Deepend : (iTunes)



#16 count introduction

Easy Restart during wall 6 at the end of section 1

Section 1: Step right together, shuffle forward, rock recover, sailor ¼ left

1-2 Step right to right side, Step left next to right
3&4 Shuffle forward: right, left, right
5-6 Rock left forward, Recover weight onto right
7&8 Making ¼ turn left step right back, Step right to right side, Step left next to right (9 O'Clock)

**** Restart here during wall 6****

Section 2: Cross, 1/4 turn, back touch, shuffle 1/4 left, rock recover

1,2 Cross right over left, turn ¼ right stepping back left
3-4 Step back on right, touch left toe in front of right foot
5&6 Shuffle 1/4 left: left, right, left
7-8 Rock fwd right recover left (9 O'Clock)

Section 3: Shuffle back, Shuffle ½, Rock recover, Shuffle half

1&2 Shuffle back: Right, Left, Right
3&4 Stepping back on the left foot make a half turn shuffle: Left, Right, Left
5,6 Rock right forward, recover weight onto left
7&8 Stepping back on the right foot make a half turn shuffle: Right, Left, Right (9 O'Clock)

Section 4: Step, pivot ½ half right, Kick ball step, rock recover, left coaster step

1,2 Step forward left, Make ½ turn stepping on right
3&4 Kick left foot forward, Step down on left foot, step right next to left
5,6 Rock left forward, recover weight onto right
7&8 Step left back, Step right back, Step forward left (3 O'Clock)