

Health Is Wealth

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Elaine Hoo (MY) - February 2018
音樂: Shi Shang Zui Gui Shi Jian Kang (世上最貴是健康) - Sun Xiao Lei (孫曉磊)



sequence: Intro, 32, 32, tag1, 32, tag1, 32, tag2, tag3, intro, tag1, 32, tag1, 32, tag1, 32, tag4, 32 tag 1, 32, intro pose

INTRO : 32 COUNTS

1-8 Hip Bump To Right X 4, Hip Bump To Left X 4
9-16 Repeat Section 1-8
17-24 Step Rf To R Side Touch Lf Behind Rf, Step Lf To Left Side, Touch Rf Behind Lf X 2
25-32 Step Rf Dig Fwd Touch Lf Next To Rf, Step Lf Dig Fwd Touch R Next To Lf, Step Rf Dig Back
 Touch Lf Next To Rf, Step Lf Dig Back Touch R Next To Lf

Main Dance:-

SET 1. WALK FWD RLR KICK L, WALK BACK LRL TOUCH R

1234 Walk fwd R, L, R kick L foot forward
5678 Walk Back L, R, L Touch Right Next to Left

SET 2. SIDE TOGETHER CHASSE TO RIGHT CROSS ROCK RECOVER CHASSE TO LEFT

123&4 Step RF to Right side, Step LF Next to RF, Step RF to R side, close LF Next To RF, Step RF
 To R Side
567&8 Cross LF over RF, Recover on RF, Step Lf to L side, Close RF Next to LF, Step LF to L Side.

SET 3. CROSS TOUCH x 2 JAZZ BOX

1234 Cross RF over LF Touch LF to L side, Cross LF Over RF Touch RF to R side
5678 Cross RF over LF, Step Back On L, Step RF To R side, Step fwd on LF

SET 4. ROCKING CHAIR, PIVOT HALF TURN LEFT

1234 Rock RF fwd, Recover on LF, Rock RF backward Recover on LF
5678 Step RF fwd, Step Lf to L side 1/4 L turn, Step RF Fwd, Step LF to L side 1/4 Left

TAG 1. OUT OUT IN IN (4 COUNTS)

1234 Step RF To R Side, Step LF To L Side. Step RF Back to Center, Close LF Next To RF

TAG 2. CHA CHA FWD PIVOT ½ TURN CHA CHA FWD PIVOT 1/2 TURN (8 COUNTS)

1&234 Step RF Fwd, Lock LF Behind RF, Step RF Fwd, Step LF Fwd 1/2 Turn R Step On RF
5&678 Step LF Fwd, Lock RF Behind LF, Step LF Fwd, Step RF Fwd 1/2 Turn L Step On LF

TAG 3 (32 COUNTS)

SET 1. KICK BALL TOUCH R & L SIDE TOUCH SIDE TOUCH

1&23&4 Kick RF fwd step next to LF, Touch LF to L, Kick LF fwd step next to RF, Touch RF to R
5678 Step down on RF & touch LF behind RF, Step LF to L side & Touch RF behind LF

SET 2. Rolling vine to Right & LEFT

1234 Step RF 1/4 turn to R, step LF 1/4 turn to R, Step RF 1/2 turn to R & Touch LF to L side (12.00)
5678 Step LF 1/4 turn to L, Step RF 1/4 turn to L, step LF 1/2 turn to L & Touch RF to R side
 (12.00)

SET 3. CROSS SAMBA R & L. CROSS MAMBO R & L

1&23&4 Cross R Over L, step Lf to L side, Recover on Rf, Cross L over R, Step RF to R, Recover on L
5&67&8 Cross Rf over L, Recover weight on LF, step RF to R side, Cross LF over RF, Recover on
 RF, step LF to L side

SET 4. BACK MAMBO X 2 WALK IN CIRCLE FULL TURN

1&23&4 Step RF behind L, recover on LF, Step RF to R, Step LF behind R, recover on RF, Step LF to L side

5678 Walk RF 1/4 turn L, walk LF 1/4 turn L, Step RF to R side 1/2 turn L, Stomp on LF with pose

TAG 4. OUT OUT IN IN PIVOT 1/2 TURN (8 COUNTS)

1234 STEP RF To R Side, Step LF To L side. Step RF Back to center, Close LF Next To RF

5678 Step RF Fwd, 1/4 turn to L Step on LF, Step RF Fwd 1/4 Turn to L Step On Lf

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