

I'm An Apeman, I'm An Ape Ape Man

COPPER **KNOB**
BY STEPHEN

拍數: 40 牆數: 4 級數: Improver
編舞者: Val Saari (CAN) - March 2018
音樂: Apeman - The Kinks : (iTunes)



VINE RIGHT, SYNCOPATED SCISSORS/ VINE LEFT, SYNCOPATED SCISSORS

1-2 Step RF to right side, Step LF behind R
3&4 Rock RF to right side, Recover LF, Cross RF over left
5-6 Step LF to left side, Step RF behind L
7&8 Rock LF to left side, Recover RF, Cross LF over right

POINT OUT-IN-OUT, BEHIND SIDE CROSS, HOLD X 2 (R,L)

1&2 Point RF to R side, Touch RF beside L, Point RF to R side, Hold
3&4 Cross RF behind L, Step LF left, Step RF across L, Hold
5&6 Point LF to L side, Touch LF beside R, Point LF to L side, Hold
7&8 Cross LF behind R, Step RF right, Step LF across R, Hold

RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK PIVOT 1/4 R

1-2 Rock RF forward, Recover LF
3&4 Rock RF back, Recover LF, Step RF beside left
5-6 Rock LF forward, Recover RF
7&8 Rock LF back, Recover RF, Step LF forward 1/4 Pivot R beside R

HEEL/TOE FORWARD X 4

1-4 Step RF forward on heel, Step down on toes/ Step LF forward on heel, Step down on toes
5-8 Step RF forward on heel, Step down on toes/ Step LF forward on heel, Step down on toes

TOE/HEEL BACK X 4

1-4 Step RF back on toe, Step down on heel/ Step LF back on toe, Step down on heel
5-8 Step RF back on toe, Step down on heel/ Step LF back on toe, Step down on heel

REPEAT
