

Generation X

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Hayley Wheatley (UK) - June 2018
音樂: Good Time Good Life - Erin Bowman



Released at Eurodance 2018

Count in: 16 Counts

Choreographers Note: Arm movements are optional. Please feel free to omit these when first teaching this dance to your beginners.

S1: R SIDE, TOGETHER, R SIDE, TOUCH, L SIDE, TOGETHER, L SIDE, TOUCH (PUSH AND PULL ARMS)

1-2-3-4 Step RF to R side, Step LF beside RF, Step RF to R side, Touch L toe beside RF 12:00

(1-2-3-4) Arms: On count (1) pull R Fist across body L to R at shoulder height while pushing L arm out to L side with palm facing outward to L side,

On Count (2) let arms come together across body, Repeat on Counts (3-4)

5,6,7,8 Step LF to L side, Step RF beside LF, Step LF to L side, Touch R toe beside LF 12:00

(5-6-7-8) Arms: On count (5) pull L Fist across body R to L at shoulder height while pushing R arm out to R side with palm facing outward to R side,

On Count (6) let arms come together across body, Repeat on Counts (7-8)

S2: STEP R DIAGONAL, CLAP X2, STEP L DIAGONAL, CLAP X2, WIGGLE

1&2 Step RF fwd to R diagonal, Clap twice 12:00

3&4 Step LF fwd to L diagonal, Clap twice 12:00

5&6&7&8 Bump hips L (5) Bump hips R (&) Bump hips L (6) Bump hips R (&) Bump hips L (7) Bump hips R (&) Bump hips L (8) 12:00

(5&6&7&8) Push R hand fwd with palm facing outward (5) Push L hand fwd with palm facing outward (&) Push R hand fwd with palm facing outward (6) Push L hand fwd with palm facing outward (&) Push R hand fwd with palm facing outward (7) Push L hand fwd with palm facing outward (&) Push R hand fwd with palm facing outward (8) 12:00

S3: STEP R DIAGONAL, CLOSE, STEP RIGHT DIAGONAL, TOUCH, STEP LEFT DIAGONAL, CLOSE, STEP LEFT DIAGONAL, TOUCH

1-2 Step RF fwd to R diagonal, Close LF beside R 12:00

3-4 Step RF fwd to R diagonal, Touch LF beside R 12:00

5-6 Step LF fwd to L diagonal, Close RF beside LF 12:00

7-8 Step LF fwd to L diagonal, Touch RF beside LF 12:00

S4: WALK ¼ TURN, WALK ¼ TURN, WALK, WALK, HEEL, STEP, HEEL, STEP

1-2 Walk fwd on RF making ¼ Turn R, Walk fwd on LF making ¼ turn R 6:00

3-4 Walk fwd on RF, Walk fwd on LF 6:00

5-6 Tap R heel fwd, Close RF beside LF 6:00

7-8 Tap L heel fwd, Close LF beside RF 6:00

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