

Practice Makes Perfect

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Rob Pointer (AUS) - July 2018
音樂: One Night At a Time - George Strait : (Album: Latest Greatest Straitest Hits - iTunes - 3:50)



**INTRO: 32 Beats. START ON VOCALS (BPM 112) 1 X 4 COUNT BRIDGE.
START POSITION: FEET TOGETHER – WEIGHT ON LEFT.**

BACK ROCK, ½ TURN SHUFFLE, ¼ SIDE ROCK, BEHIND-SIDE-CROSS. (3:00)

1 - 2 Step back on R, rock forward on L.
3 & 4 Turn ½ L shuffle back, right, left, right.
5 - 6 Turn ¼ L stepping L to L side, Rock back onto R.
7 & 8 Step L behind R, step R to R side, cross L over R.

SIDE ROCK. BEHIND-SIDE-CROSS, SIDE ROCK, ¼ SAILOR STEP. (12:00)

1 - 2 Step R to R side, rock back onto L,
3 & 4 Step R behind L, step L to L side, cross R over L.
5 - 6 Step L to L side, rock back onto R.
7 & 8 Sweep L behind R turning ¼ L, step R to R side, step L to L side.

FWD ROCK, ½ TURN SHUFFLE, FULL TURN, SHUFFLE FWD. (6:00)

1 - 2 Step forward on R, rock back onto L.
3 & 4 ½ turn R, shuffle forward, right, left, right.
5 - 6 Full turn R , (stepping L, R,)
7 & 8 L shuffle forward, left, right, left.

REGGAE TURN CROSS, VINE CROSS (9:00)

1 - 2 Cross R over L, step back on L,
3 - 4 Turn ¼ R stepping R to R side, cross L over R.
5 - 6 Step R to R side, step L behind R.
7 - 8 Step R to R side, cross L over R. ###

¼ L, STEP BACK, SHUFFLE BACK, BACK ROCK, KICK BALL CHANGE. (6:00)

1 - 2 Turn ¼ L stepping back on R, step back on L.
3 & 4 R shuffle back, right, left, right.
5 - 6 Step back onto L, rock back onto R.
7 & 8 Kick L forward, step L, step R.

¼ R TOUCH, BACK ROCK, HEEL GRIND ¼ R, COASTER CROSS. (12:00)

1 - 2 Step L ¼ turn R, touch R next to L.
3 - 4 Step R back, rock back onto L.
5 - 6 Heel grind ¼ R. step back on L.
7 & 8 Step R back, step L beside R, cross R over L.

SIDE TOG, SHUFFLE FWD, CROSS UNWIND, COASTER STEP. (6:00)

1 - 2 Step L to L side, step R next to L.
3 & 4 L shuffle forward, left, right, left.
5 - 6 Cross R over L unwind ½ turn L (weight on R)
7 & 8 Step back on L, step R beside L, step L forward.

CROSS POINT, CROSS POINT, REGGAE. (6:00)

1 - 2 Step/cross R over L, point L toe to L side.

- 3 – 4 Step/cross L over R, point R toe to R side.
- 5 – 6 Cross R over L, step L back.
- 7 – 8 Step R to R side, step L beside R.

BRIDGE ON WALL 5 (Front) DANCE TO COUNT 32 THEN ADD 4 COUNT BRIDGE : ### R SIDE ROCK, R BACK ROCK.

THEN CONTINUE DANCE AT COUNT 33 (YOU WILL BE FACING (9:00) WHEN DOING THE BRIDGE)

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