

Another Cup Of Coffee

COPPER **KNOB**
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Jan Brookfield (UK) - September 2018
音樂: Another Cup of Coffee - Mike + The Mechanics



For a slower alternative with NO restart, try "Uptown Funk": Mark Ronson ft. Bruno Mars (115bpm) (16 count intro)

Start dance after 32 counts.

Section 1 : RIGHT TOE, HEEL, SHUFFLE; LEFT TOE, HEEL, SHUFFLE

1,2,3&4 Dig R toe in towards L foot, tap R heel out to right, shuffle slightly forward R,L,R

5,6,7&8 Dig L toe in towards R foot, tap L heel out to left, shuffle slightly forward L,R,L

Section 2 : ROCK FORWARD, RECOVER, BACK SHUFFLE; WALK BACK x 3, STOMP UP

9,10,11&12 Rock R forward, recover onto L, shuffle back on R,L,R

13,14,15,16 Walk back on L,R,L, with optional shoulder styling, gently stomp R in place, weight remains on L

*** RESTART HERE ON THE 7TH WALL; YOU WILL BE FACING THE BACK ***

Section 3 : ROCK SIDE, RECOVER, CROSS SHUFFLE; ROCK SIDE, ¼ TURN RIGHT RECOVER, SHUFFLE FORWARD

17,18,19&20 Rock R to right side, recover onto L in place; shuffle across to left on R,L,R

21,22,23&24 Rock L to left side, recover onto R with a quarter turn right; shuffle forward on L,R,L (now facing 3 o'clock)

Section 4 : ROCK FORWARD, RECOVER, COASTER STEP, ROCK FORWARD, RECOVER, HALF TURN SHUFFLE

25,26,27&28 Rock R forward, recover onto L; step R back, step L next to R, step R forward

29.30 Rock L forward, recover onto R

31&32 Making a half turn over left shoulder, shuffle forward on L,R,L(now facing 9 o'clock)

KEEP IT GOING!

Last Update - 24th. Oct. 2018