

World's Delights

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Wendy Haggerty (USA) - February 2018
音樂: We Are Family - Sister Sledge



Intro: 64 count

SIDE TOGETHER SIDE TOUCH, KNEE SWIVELS

1-4 Step right foot to right side, step left beside, step right to right side, touch left beside right
5-8 Swivel left knee, out in out in

SIDE TOGETHER SIDE TOUCH, KNEE SWIVELS

1-4 Step left foot to left side, step right beside, step left to left side, touch right beside left
5-8 Swivel right knee, out in out in

RIGHT ARM UP DIAGONAL, LEFT ARM UP DIAGONAL, RIGHT ARM TO LEFT HIP, LEFT ARM TO RIGHT HIP, HIP BUMPS

1 Reach right arm up to right diagonal
2 Reach left arm up to left diagonal
3 Put right hand on left hip
4 Put left hand on right hip
5-8 Wiggle hips right, left, right, left

HEEL WALKS ¼ TURN LEFT

1, 2 Touch right heel forward and place toes down
3, 4 Touch left heel forward and place toes down
5, 6 Touch right heel forward and place toes down
7, 8 Touch left heel forward and place toes down

(use a bit of funk in your walk. Walk moves to a full ¼ turn with each step)

NOTE: this dance was choreographed in support of people with Parkinson's Disease. It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone. All rights reserved. Please do not alter this step sheet in any way. If you would like to use it on your website please make sure it is in its original format and include all contact details on this script. Enjoy and spice it up!

Contact choreographer: Whaggerty2016@gmail.com/www.ZestYogaAndFitness.com