

No One's Gettin' Fat Except?

COPPER KNOB
BY STEPHEN

拍數: 40 牆數: 4 級數: Improver
編舞者: Val Saari (CAN) - November 2019
音樂: Creeque Alley - The Mamas & The Papas



TOE-STRUTS FWD, ROCK/RECOVER TOE-STRUT, LF COASTER BACK, STEP-TURN 1/2 L

1&2& Touch RF toes forward, Step heel down, Touch LF toes forward, Step heel down
3&4& Rock forward on RF, Recover LF, Touch RF toes back, Step heel down
5&6 Step LF back, Step RF beside L, Step LF forward
7-8 Step RF forward, Turn 1/2 turn left (weight on left)

TOE-STRUTS FWD, ROCK/RECOVER TOE-STRUT, LF COASTER BACK, STEP-TURN 1/4 L

1&2& Touch RF toes forward, Step heel down, Touch LF toes forward, Step heel down
3&4& Rock forward on RF, Recover LF, Touch RF toes back, Step heel down
5&6 Step LF back, Step RF beside L, Step LF forward
7-8 Step RF forward, Turn 1/4 turn left (weight on left)

TOE-STRUT V-STEP, MODIFIED RUMBA BOXES FWD

1&2& Touch RF toes diagonally forward (1:00), Step heel down, Touch LF toes diagonally forward (11:00), Step heel down
3&4& Touch RF toes behind to centre, Step heel down, Touch LF toes beside R, Step heel down
5&6& RF Rock side right, Step LF together, Step RF forward, Touch LF beside R
7&8& Step LF left, Step RF together, Step LF forward, Touch RF beside L

RF ROCK/RECOVER, STEP-HITCHES BACK RLRL, LF COASTER BACK, STEP-TURN 1/2 L

1&2& Rock RF forward, Recover LF, Step RF back, Hitch LF up
3&4& Step LF back, Hitch RF up, Step RF back, Hitch LF up
5&6 Step LF back, Step RF beside L, Step LF forward
7-8 Step RF forward, Turn 1/2 turn left (weight on left)

HEEL SWITCHES X 2 (R,L), POINT OUT-IN X 2 (R,L) TRAVELLING SWIVELS WITH FINGER SNAPS (R,L)

1&2& Touch R Heel forward on floor, Step RF beside L, Touch L Heel forward on floor, Step LF beside R
3&4& Point RF to R side, Step RF beside L, Point LF to L side, Step LF beside R
5&6& Swivel both heels to right, both toes to right, both heels to right, Snap R fingers
7&8& Swivel both heels to left, both toes to left, both heels to left, Snap L fingers

REPEAT

No tags, no restarts

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