

Monday Morning

COPPER **KNOB**
BY STEPHEN METZ

拍數: 64 牆數: 0 級數: Beginner
編舞者: Raymond Sarlemijn (NL) - November 2019
音樂: Monday Morning - Melanie Fiona



Step diagonal forward, touch, repeat 4x

- 1 rf step diagonal forward
- 2 lf touches rf
- 3 lf step diagonal forward
- 4 rf touches lf
- 5 rf step diagonal forward
- 6 lf touches rf
- 7 lf step diagonal forward
- 8 rf touches lf

Step diagonal backwards clap, repeat 4x

- 1 rf step diagonal backwards
- 2 lf touches rf while doing this clap both hands
- 3 lf step diagonal backwards
- 4 rf touches lf while doing this clap both hands
- 5 rf step diagonal backwards
- 6 lf touches rf while doing this clap both hands
- 7 lf step diagonal backwards
- 8 rf touches lf while doing this clap both hands

Too step, too step, repeat 2 x

- 1 rf too right
- 2 rf step on spot
- 3 lf crosses forward rf, lf on too
- 4 lf step on spot
- 5 rf too right
- 6 rf step on spot
- 7 lf crosses forward rf, lf on too
- 8 lf step on spot

Hip right, hold, hip left, hold, hip right, hip left, weight change

- 1 rf right, stand in hip
- 2 hold
- 3 lf left, stand in hip
- 4 hold
- 6 hip right, stand in hip
- 6 hold
- 7 hip left
- 8 hold

Too step, too step, repeat 2 x

- 1 rtoo crosses forward lf
- 2 rtoo step on spot
- 3 ltoo left
- 4 ltoo step on spot
- 5 rtoo crosses forward lf
- 6 rtoo step on spot

7 ltoo left
8 hold

Hip right, hold, hip left hold, hip, right, hold, hip left, hold

1 lf step left, stand in hip
2 hold
3 rf right, stand in hip
4 hold
5 hip left
6 hip right
7 hip left
8 hip right
& weight change left

Grapevine right, grapevine left ¼ left, brush

1 rf right
2 lf crosses behind rf
3 rf right
4 lf touches rf
5 lf left
6 rf crosses behind lf
7 ¼ turn left, lf step forward
8 rf brushes forward

Rock forward, rock back, v step

1 rf step forward
2 recover weight to lf
3 rf step backwards
4 recover weight lf
5 rf step diagonal forward
6 lf step diagonal forward
7 rf step back
8 lf closes rf
