

My Baby & Me

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mike Hitchen (UK) - October 2019
音樂: Morning Train (Nine to Five) (Edit) - Sheena Easton : (iTunes, amazon)



#32 Count Intro

Section 1: Side Behind, & Cross Side, Sailor ¼ Turn Right, Rock Step.

1-2 Step left to side, Cross right behind.
&3-4 Step left to side, Cross right over left, Step left to side 12:00
5&6 Step right behind left turning ¼ turn right, Step left to side, Step right forward. 3:00
7-8 Rock forward on left, Recover to right.

Section 2: Shuffle ½ Turn Left, Step ¼ Turn Left, Cross Right Over Left ¼ Turn Right, chasse ¼ Turn Right.

1&2 Step left foot ¼ turn left, Step right together, Step left ¼ turn left. 9:00
3-4 Step forward on right, Pivot ¼ turn left. 6:00
5-6 Cross right over left, Turn ¼ turn right stepping back on left. 9:00
7&8 Step right foot ¼ turn right, Step left together, Step right to side 12:00

Section 2: 2X Cross points, 2X Sailor Steps.

1-2 Cross left over right, Touch right to side.
3-4 Cross right over left, Touch left to side.
5&6 Cross left behind right, Step right to side, Step left to side.
7&8 Cross right behind left, Step left to side, Step right to side.

Section 4: Figure of 8.

1-2 Cross left behind right, Step right ¼ turn right 3:00
3-4 Step forward on left, Pivot ½ turn right. 9:00
5-6 Step left ¼ turn right, Step right foot behind , 12:00
7-8 Step left ¼ turn left, Step right forward. 9:00

Section 5: 2X Step ½ Turns, Cross Rock, Side Rock.

1-2 Step left forward. Pivot ½ turn right.
3-4 Step left forward. Pivot ½ turn right. (Weight on right) 9:00

Restart here : on walls 3 and 5

5&6 Cross rock left over right, Recover to right.
7&8 Rock left to side, Recover to right.

Section 6: Cross Left Behind Right, Kickball Cross, step Right ¼ Turn Right, Step ½ Turn, Full Turn.

1-2 Cross left behind right, kick right forward. 9:00
&-3-4 Step on to right, Cross left over right, Step right ¼ turn right. 12:00
5-6 Step left forward, pivot ½ turn right. (Weight on Right) 6:00
7-8 Turn ½ turn right stepping left back, ½ Turn right stepping right forward. (Optional 2 Walks forward) 6:00

Section 7: Rocking Chair With ¼ Turn Left, Cross Flick, Cross Flick.

1-2 Rock forward on left, Recover to right.
3-4 Rock back on left recover to right with ¼ turn left. (weight on right) 3:00
5-6 Cross left over right, Flick right to side.
7-8 Cross right over left, Flick left to side

Section 8: Rock Step, Shuffle ½ Turn, Rock Step, Coaster Cross.

1-2 Rock left forward, Recover to right.

3&4 Step left ¼ turn left, Step right together, Step left ¼ turn left. 9:00
5-6 Rock forward on right. Recover to left
7&8 Step right back, Step left together, Step right across left

***1 Tag after wall 1- 4 Hip Bumps**

****2 Restarts on walls 3 and 5 after 36 counts**

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