

A Swing To Quit

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Fabian Müller (CH) - December 2019
音樂: Whole Lotta Quit - Randy Houser



Sect 1 SIDE TRIPLE STEP, ROCK BACK, RECOVER, SIDE TRIPLE STEP, TOUCH WITH HIP

1 & 2 Step side R – Close L next to R – Step side R
3 – 4 Rock step back L – Recover on R
5 & 6 Step side L – Close R next to L – Step side L
7 – 8 Touch R next to L and lift hip on right side – Set hip to neutral position

Sect 2 SIDE, TOGETHER, STEP FORWARD, ROCK, STEP, RECOVER, ½ SHUFFLE TURN, HEEL, TOE

1 & 2 Step side R – Close L next to R – Step forward R
3 – 4 Rock forward L – Recover on R
5 & 6 ¼ Turn left step side L – Close R next to L – ¼ Turn left step forward L
7 – 8 Touch R heel in front – Touch R toe back

Sect 3 TOE STRUT, TOE STRUT, KICK BALL CHANGE, KICK BALL TOUCH

1 - 2 Touch R toe forward – Put weight on R foot
3 – 4 Touch L toe forward – Put weight on L foot
5 & 6 Kick R forward – Step on ball of R – Step L next to R
7 & 8 Kick R forward – Step on ball of R – Touch L next to R

Restart in 12th wall, replace count 7 with step forward and wait until the music starts playing again

Sect 4 SIDE, HOLD, TOGETHER, SIDE, HOLD, TOGETHER, SIDE ROCK, RECOVER, CROSS, TOUCH

1 – 2 & Side step L – Hold – Step R next to L
3 – 4 & Side step L – Hold – Step R next to L
5 – 6 Side rock step L – Recover R
7 – 8 Cross L in front of R – Touch R next to L

Tag after 2nd and 6th wall

Sect 3 SWAY 2X

1 - 2 Step side R and push hip to right – Hold
3 – 4 Step side L and push hip to left – Hold

Ending Replace Sect 4 Counts 5 – 8

SIDE ROCK, ¼ TURN RECOVER, ¼ TURN

5 – 6 Side rock step L – ¼ Turn right Recover R
7 – 8 ¼ Turn right and step side L - Finish

Enjoy the dance!

heavymetalcowboy.ch