

Through December

COPPER KNOB
BY STEPHEN HETS

拍數: 72 牆數: 2 級數: Improver
編舞者: Marie Sørensen (TUR) - January 2020
音樂: If We Make It Through December - Merle Haggard : (Album: Country Memories Cd 1)



Intro: 32 Counts – Two Step Music
Buy the music on iTunes

No tags, no restart !

WALK, HOLD, WALK, HOLD, MAMBO FORWARD, HOLD

1-2 Walk forward on right, hold
3-4 Walk forward left, hold
5-6 Rock forward on right, recover
7-8 Step right next to left, hold (12.00)

WALK BACK, HOLD, WALK BACK, HOLD, COASTER STEP, HOLD

1-2 Step back on left, hold
3-4 Step back on right, hold
5-6 Step back on left, step right next to left
7-8 Step fwd. on left, hold. MAMBO FORWARD, HOLD (12.00)

TOE STRUT R, CROSSING TOE STRUT L, SIDE, ROCK, CROSS, HOLD

1-2 Tap right toe to the right side, drop heel
3-4 Tap left toe over right, drop heel
5-6 Rock right to the right side, recover
7-8 Cross right over left, hold (12:00)

SIDE, HOLD, BEHIND, HOLD, CHASSE L, HOLD

1-2 Step left to the left side, hold
3-4 Cross right behind left, hold
5-6 Step left to the left side, step right next to left
7-8 Step left to the left side, hold (12:00)

SIDE, TOUCH, SIDE, TOUCH, ¼ TURN LEFT, SIDE, TOUCH, SIDE, TOUCH

1-2 Step right to the right side, touch left beside right
3-4 Step left to the left side, touch right beside left
5-6 ¼ turn left, step right to the right side, touch left beside right
7-8 Step left to the left side, touch right beside left (03.00)

MAMBO FWD. RIGHT, HOLD, MAMBO BACK, HOLD

1-2 Rock fwd. right, recover
3-4 Step right next to left, hold
5-6 Rock back on left, recover
7-8 Step left next to right, hold (03.00)

WALK, HOLD, WALK, HOLD, RUN, RUN, RUN (IN A ¼ CIRCLE) HOLD

1-2 Walk fwd. right, hold
3-4 Walk fwd. left, hold
5-6 Run right, run left
7-8 Run right, hold (06:00) (Run in a ¼ circle)

SIDE ROCK, HOLD, RECOVER, HOLD, SHUFFLE FWD. LEFT, HOLD

- 1-2 Rock left to the left side, hold
- 3-4 Recover, hold
- 5-6 Step fwd. left, step right next to left
- 7-8 Step fwd. left, hold (06:00)

SIDE ROCK, HOLD, RECOVER, HOLD, JAZZ BOX

- 1-2 Rock right to the right side, hold
- 3-4 Recover, hold
- 5-6 Cross right over left, step back on left
- 7-8 Step right next to left, step fwd. on left (06:00)

Have Fun!

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