

Heels In My Hand

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數:
編舞者: Lesley Miller (UK) - January 2020
音樂: High Heels (feat. Sink the Pink) - Melanie C



#32 intro start on instrumental - No Tags Or Restarts

Section 1: Step lock step scuff x 2

1 2 3 4 Step RF forward, lock LF behind R, step R, scuff LF
5 6 7 8 Step LF forward, lock RF behind L, step L, scuff RF

Section 2: Jazz box with struts

1 2 3 4 Cross RF toe over L, lower R heel, step LF back on the toe lower L heel
5 6 7 8 Step RF to R side on toe, lower R heel, step Lf to R

Section 3: Foot twists x 3 ¼ turn scuff

1 2 3 4 Twist heels to R, Twist toes to R, Twist heels to R, flick LF behind R knee
5 6 7 8 Step LF to L, step RF behind L, step LF ¼ turn L, Scuff RF forward

Section 4: Slow pivot ½ turn jazz box

1 2 3 4 Step RF forward hold, 1/2 turn L hold,
5 6 7 8 Cross RF over L, step back LF, step RF to R, step LF to RF

Section 5: Open box Grapevine R

1 2 3 4 Step RF to R corner, step LF to L corner, step back RF, step LF to RF
5 6 7 8 Step RF to R, step LF behind R, Step RF to R, tap LF to RF

Section 6: Grapevine L 4x knee switches

1 2 3 4 Step LF to L, step RF behind L, Step LF to L, tap RF to LF
5 6 7 8 Lower R heel bending L knee inwards, Lower L heel bending R knee inwards, Lower R heel bending L knee inwards, Lower L heel bending R knee inwards

Ending: Half turn the last grapevine to the left to finish facing front
