

Safe First

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Winnie Yu (CAN) - July 2020
音樂: Any Fast Beat Disco Music



****This dance is dedicated to "Carefirst 2020 Virtual Charity Fit-a-thon****

Section 1: Diagonal R Side, Cross, Side, Hitch, Side Left, Hitch, Side Right, Hitch

1-2 Diagonal R stepping right to right side, step left across right (1:30)
3-4 Step right to right side, hitch left knee beside right foot (square up to 12:00)
5-6 Step left to left side, hitch right knee beside left foot
7-8 Step right to right side, hitch left knee beside right foot

Section 2: Diagonal L Side, Cross, Side, Hitch, Side Right, Hitch, Side Left, Hitch

1-2 Diagonal L stepping left to left side, step right across left (10:30)
3-4 Step left to left side, hitch right knee beside left foot (square up to 12:00)
5-6 Step right to right side, hitch left knee beside right foot
7-8 Step left to left side, hitch right knee beside left foot

Section 3: Walk Fwd R, L, R, Together, (Point, Together) X 2

1-2-3-4 Walk forward R, L, R, step left beside R
5-6-7-8 Point right to right side, step right beside left; point left to left side, step left beside right

Section 4: Walk Back, R, L, R, Together, Monterey ¼ turn right

1-2-3-4 Walk back R, L, R, step left beside R
5-6-7-8 Point right to right side, make a ¼ turn right (3:00) stepping right beside left; point left to left side, step left beside right

Have fun & dance with smile !

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