

Wishing You Good Health (身體健康)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner
編舞者: Betty Dance (HK) - October 2020
音樂: 身體健康 - Dicky Cheung (張偉健)



Intro : 32 (4x8 counts) - Start on vocals

Section 1: RUMBA BOX

1-2-3-4 Step L to L side, step R next to L, step L forward, hold
5-6-7-8 Step R to R side, step L next to R, step R back, hold

Section 2: STEP SIDE L, TOGETHER R, STEP SIDE L, POINT R, STEP SIDE R, TOGETHER L, STEP SIDE R, HITCH L

1-2-3-4 Step L to L side, step R next to L, step L to L side, point R to R side
5-6-7-8 Step R to R side , step L next to R, step R to R side, hitch L beside R

Section 3: CROSS ROCK L & R

1-2-3-4 Cross L to R side, recover R, step L to L side, hold
5-6-7-8 Cross R to L side, recover L, step R to R side

Section 4: STEP FORWARD L, ½ PIVOT TURN R TO R, (6:00) STEP FORWARD R, HOLD, SWAY 3 COUNTS, HOLD

1-2-3-4 Step forward L, ½ pivot turn on ball of L & R with weight on R (6:00), step forward L, hold
5-6-7-8 Sway with weight to R, sway to weight to L, sway with weight to R, point L

*2nd wall at 6:00

Tag of 8 counts at the start of 3rd, 4 th, 10 th & 12th wall

Please watch my demo video for practice!

Let's be happy & dance in the sun!

Enjoy dancing with Betty (Associate Degree and Licentiate Degree of Line Dancing, Qualified Teacher of Line Dancing (International Dance Teachers' Association, UK))

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