

Levi's & Tequila

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 1 級數: High Beginner
編舞者: Janet Cummings (USA) - March 2021
音樂: Like a Lady - Lady A



Intro: 16 Counts - No Tags/No Restarts (1 - 2 or 4 walls)

SECTION 1: HEEL TWIST WITH DOUBLE BOUNCE X2, KNEE POPS WITH TWISTS

1, 2, 3, 4 Twist Both Heels Right-Bounce Heels Twice; Twist Both Heels Left-Bounce Both Heels Twice
5, 6, 7, 8 Knee Pops (Raise up on Ball of Designated Foot Forcing Knee to Bend/Pop). Twist Left-Pop L Knee, Twist Right, Pop R Knee, Twist Left-Pop L Knee, Twist R-Pop R Knee

SECTION 2: SHUFFLE FORWARD, SLIDE (&) HEEL SPLIT; SHUFFLE BACK, SLIDE (&), HEEL SPLIT

1&2 Shuffle Forward (R, L, R)
&3, 4 Slide L Foot Forward (&), With Weight on Both Feet-Split Heels then Close
5&6 Shuffle Back (R, L, R)
&7, 8 Slide L Foot Back (&) With Weight on Both Feet-Split Heels, then Close

SECTION 3: R RODEO KICKS, SKATE R, L X2 (One Wall)

1, 2, 3, 4 R Kick Forward, To Side, Skate Right, Left
5, 6, 7, 8 R Kick Forward, To Side, Skate Right, Left

***Note: If Balance is an issue, instead of Kicking - Tap Toes Forward and to the Side

***Note:

For a 4 Wall, after Side Rodeo Kick (Count 3), Turn ¼ Right, Skate R/L (3, 4), Finish section with second set of Rodeo Kicks and Skates facing new wall.

For a 2 Wall, after Side Rodeo Kicks (Count 3, and 7), Turn ¼ Right, Skate R/L

SECTION 4: CROSS ROCK, RECOVER, CHASSE X2

1, 2 R Cross Rock R Foot Over L, Recover
3&4 Side Shuffle R, L, R (Chasse)
5, 6 L Cross Rock L Foot Over R, Recover
7&8 Side Shuffle L, R, L (Chasse)

NOTE: Dancers, thank you for joining me, have fun with this dance...express yourself!

Despite the unfortunate circumstances surrounding us, I am so grateful for every gift I have been given, and when I can share...well it makes it all that more precious.

Be well and safe, God bless.

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