

Loving Life

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Beginner
編舞者: Lynne Williams (UK) - May 2021
音樂: Lovin' Each Day - Ronan Keating



#16 count intro

SEC 1: WALK, WALK, FORWARD TOUCH, BACK TOUCH, WALK WALK

1-2 Walk forward Right, walk forward Left
3-4 Step forward Right, touch Left beside
5-6 Step back on Left, touch Right beside
7-8 Walk forward Right, walk forward Left

SEC 2: FORWARD HITCH, BACK TOUCH BACK, JAZZ 1/4 RIGHT

1-2 Step forward on Right, hitch Left
3-4 Step back on Left, touch right toes back
5-6 Cross Right over Left, 1/4 turn right stepping back on left (3 o'clock)
7-8 Step Right to right side, step forward onto Left

NOTE SECTIONS 3 & 4 Repeat 1 & 2

SEC 3: WALK, WALK, FORWARD TOUCH, BACK TOUCH, WALK WALK

1-2 Walk forward Right, walk forward Left
3-4 Step forward Right, touch Left beside
5-6 Step back on Left, touch Right beside
7-8 Walk forward Right, walk forward Left

SEC 4: FORWARD HITCH, BACK TOUCH BACK, JAZZ 1/4 RIGHT

1-2 Step forward on Right, hitch Left
3-4 Step back on Left, touch right toes back
5-6 Cross Right over Left, 1/4 turn right stepping back on left (6 o'clock)
7-8 Step Right to right side, step forward onto Left

SEC 5: RIGHT DIAGONAL SLIDE TOGETHER, BOUNCE BOUNCE, SIDE TOUCH, SIDE TOUCH

1-2 Step Right to right diagonal, slide left beside
3-4 Lift both heels twice whilst keeping knees soft
5-6 Step Left to left side, touch Right beside
7-8 Step Right to right side, touch left beside

SEC 6: LEFT DIAGONAL SLIDE TOGETHER, BOUNCE BOUNCE, SIDE TOUCH, SIDE TOUCH

1-2 Step Left to diagonal, slide Right beside
3-4 Lift both heels twice whilst keeping knees soft
5-6 Step Right to right side, touch left beside
7-8 Step Left to left side, touch right beside

SEC 7: VINE RIGHT, ROCKING CHAIR

1-2 Step Right to right side, cross Left behind right
3-4 Step Right to right side, touch Left beside right
5-6 Rock forward on Left, recover weight on Right
7-8 Rock back on Left, recover weight on Right

SEC 8: VINE LEFT, ROCKING CHAIR

1-2 Step Left to left side, cross Right behind left
3-4 Step Left to left side, touch Right beside left

5-6 Rock forward on Right, recover weight on Left
7-8 Rock back on Right, recover weight on Left
