

Atlantic Cha

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Hayley Wheatley (UK) & Rob Holley (USA) - July 2022
音樂: Bury Me In Blue Jeans - Midland : (CD: The Last Resort: Greetings From - iTunes)



Intro: 24 (start vocals)

[1-8] WALK FORWARD (3X), ROCK RECOVER ¼ TURN STEP, CROSS, SIDE, BEHIND SIDE ROCK

1-2-3 Step R forward (1), step L forward (2), step R forward (3)
4&5 Rock L forward (4), recover weight on R (&), turn ¼ L & step L to L side (5) (9:00)
6-7 Cross R over L (6), step L to L side (7)
8&1 Step R behind (8), step L to L side (&), cross rock R over L (1) (7:30)

[9-16] RECOVER, BALL STEP, CROSS ROCK RECOVER, BALL STEP, FWD ROCK RECOVER, STEP BACK, HIP BUMPS, BALL STEP

2 Recover weight on L (2)
&3-4 Step ball of R next to L (&), cross rock L over R (3), recover weight to R (4) (10:30)
&5-6 Step ball of L next to R (&), rock R forward (5), recover weight on L (6) (9:00)
7&8 Step R back touching L toe fwd (7), rock/push hips slightly forward (&), rock/push hips back (8)
& Step ball of L next to R (&)

Restart here on walls 3 & 7, see note

[17-24] WALK, WALK, ½ TURN STEP BACK, SHUFFLE BACK, ¼ TURN, SIDE TOUCHES (3X)

1-2-3 Step R forward (1), step L forward (2), turn ½ L & step R back (3) (3:00)
4&5 Step L back (4), step R next to L (&), step L back (5)
&6 Turn ¼ R & step R to R side (&), touch L next to R (6) (6:00)
&7 Step L to L side (&), touch R next to L (7)
&8 Step R to R side (&), touch L next to R (8)

[25-32] BALL CROSS, ¼ TURN STEP, ¼ TURN STEP, BEHIND, 1/4 TURN STEP, STEP, ROCK RECOVER, COASTER STEP

&1 Step L next to R (&), cross R over L (1)
2 Turn ¼ L & step L forward (2) (3:00)
3 Turn ¼ L & step R to R side (3) (12:00)
4&5 Step L behind R (4), turn ¼ R & step R forward (&), step L forward (5) (3:00)
6-7 Rock R forward (6), recover weight on L (7)
(Styling option – replace rock recover with a body roll)
8& Step R back (8), step L back (7)

NOTE: On restart #1 you'll be facing 3:00, on restart #2 you'll be facing 9:00.

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