

My People

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Diana Oglesby (USA) - August 2022
音樂: My Tribe - Blessing Offor



Intro: 8 Counts. This is a very quick start. The dance starts on the first bass note which is 2 counts before the vocals.

No Tags, No Restarts

S1 (1-8) ROCK R SIDE, RECOVER, R COASTER, ROCK L SIDE, RECOVER, L COASTER

1-2 Rock R side (1) recover to L (2)
3&4 Step R back (3), step L together (&), step R forward (4)
5-8 Rock L side (5), recover to R (6)
7&8 Step L back (7) step R together (&), step L forward (8)

S2 (9-16) Turn 1/8 R and ROCK R BACK, RECOVER, KICK R, R TOGETHER, TURN 3/8 L, R SIDE, KICK L, L TOGETHER

1-4 Turn 1/8 R and rock R back (1:30) (1), recover to L (2), kick R forward (low kick) (3), step R together (4)
5-8 Turn 3/8 L and step L forward (9:00) (5), step R side (6), kick L forward (low kick) (7), step L together (8)

S3 (17-24) STEP-TOUCH R-L, ¼ L PADDLE TURNS X2

1-4 Step R diagonally forward (1), touch L together (2), step L diagonally back (3), touch R together (4)
5-8 Step R forward (5), turn ¼ L (shift weight to L) (6), step R forward (7), turn ¼ L (shift weight to L) (8) (3:00)

S4 (25-32) R-L TOE-HEEL STRUTS, R SIDE, L HEEL, L SIDE, R HEEL

1-4 Touch R toe forward (1), lower R heel (2), touch L toe forward (3), lower L heel (4)
5-8 Step R side (with a slight dip) (5), touch L heel forward (straighten) (6), step L side (with a slight dip) (7), touch R heel forward (straighten) (8)

REPEAT

Ending with a step change: The dance ends at the end of wall 11. During wall 11, S4, you will be facing 9:00. In order to end the dance facing the beginning wall, please turn 1/4 R, do the toe-heel struts and finish the last 4 counts as written.

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Last Update: 7 Jul 2024