

Don't Mess With Exes

COPPER **KNOB**
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Magali CHABRET (FR) - February 2023
音樂: Don't Mess With Exes - Mackenzie Carpenter : (CD : Don't Mess With Exes)



#16 counts intro

S1 : PIVOT ¼ L, CROSS SHUFFLE, SIDE, HOLD, BALL SIDE, TOUCH

1-2 Step Rf forward – pivot 1/4 turn left, taking weight on Lf (9:00)
3&4 Cross Rf over Lf – step Lf to side – cross Rf over Lf
5-6 Step Lf to left side – hold
&7-8 Close Rf next to Lf – step Lf to side – touch Rf beside Lf

S2 : SYNCOPATED WEAVE R, BACK ROCK, PIVOT ½ R

1-2 Step Rf to right side – step Lf behind Rf
&3-4 Step Rf to side – cross Lf over Rf – step Rf to side
5-6 Rock back on Lf – recover onto Rf
7-8 Step Lf forward – pivot 1/2 turn right, taking weight on Rf (3:00)

S3 : L TRIPLE FWD, FWD ROCK, BACK, DRAG, BALL STEP, POINT SIDE

1&2 Step Lf forward – step Rf beside Lf – step Lf forward
3-4 Rock Rf forward – recover onto Lf
5-6 Large step back on Rf – drag Lf toward Rf
&7-8 Step ball of Lf beside Rf – step Rf forward – point left toes to left side

S4 : CROSS, MONTEREY ¼ TURN R, HEEL GRIND ¼ TURN L, L COASTER STEP

1-2 Cross Lf over Rf – point right toes to right side
3-4 Turn 1/4 right and close Rf next to Lf – point left toes to left side(6:00)
5-6 Step left heel in front of Rf – grind left heel with 1/4 turn left stepping Rf slightly back (3:00)
7&8 Step back on ball of Lf – close Rf next to Lf – step Lf forward

Tag: after wall 8, facing 12:00 :

R ROCKING CHAIR

1-2 Rock Rf forward – recover onto Lf
3-4 Rock Rf back – recover onto Lf

Final : during your last wall, do the heel grind without ¼ turn left, then finish with the left coaster step facing 12:00

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr

Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.