

Out For The Weekend

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Amund Storsveen (NOR) - May 2023
音樂: Chasing Rainbows - The High Kings



Intro: 16 counts - BPM: 118. (2+2 walls)

Sequence: 32, TAG, 32, 16 (restart), 32, TAG, 32, 16 (restart), 32, 32, 32.

[1-8] R ROCK FORWARD, RECOVER, R SHUFFLE ½ TURN RIGHT, L ROCK FORWARD, RECOVER, L SHUFFLE ¼ TURN LEFT

1-2 R rock forward (1); Recover onto L (2)
3&4 ¼ turn right stepping R to right (3); Step L next to R (&); ¼ turn right stepping R forward (4)
5-6 L rock forward (5); Recover onto R (6)
7&8 ¼ turn left stepping L to left (7); Step R next to L (&); Step L to left (8)

[9-16] WEAVE LEFT, R & L HEEL JACKS, TWIST HEELS RIGHT, CENTER

1-2-3 R cross over L (1); Step L to left (2); Step R behind L (3)
&4&5 Step L slightly back on left diagonal (&); Touch R heel to right diagonal (4); Step R next to L (&); Step L over R (5)
&6&7 Step R slightly back on right diagonal (&); Touch L heel to left diagonal (6); Step L next to R (&); Step forward (7)
&8 Twist both heels right (&); Twist both heels back to center (8) (weight ends on left)*

***) Restart here in wall 3 (facing 3 o'clock) and wall 6 (facing 6 o'clock)**

[17-24] R SHUFFLE FORWARD, PIVOT ½ RIGHT, L SHUFFLE FORWARD, R SHUFFLE ½ TURN LEFT

1&2 Step R forward (1); Step L next to right (&); Step R forward (2)
3-4 Step L forward (3); Pivot ½ turn right weight on R foot (4)
5&6 Step L forward (5); Step R next to right (&); Step L forward (6)
7&8 ¼ turn left stepping R to right side (7); Step L next to right (&); ¼ turn left stepping R back (8)*

[25-32] L SHUFFLE ½ TURN LEFT, PIVOT ¼ LEFT, R JAZZBOX

1&2 ¼ turn left stepping L to left side (1); Step R next to left (&); ¼ turn left stepping L forward (2)*

***) Easier option on count 23-26: Shuffle forward RLR-LRL**

3-4 Step R forward (3); Pivot ¼ turn left weight on L foot (4)
5-8 Cross R over left (5); Step L back (6); Step R to right side (7); Step L forward (8)

TAG: 8 COUNT TAG – danced after wall 1 (facing 6 o'clock) and wall 4 (facing 9 o'clock).

1-2 R rock forward (1); Recover onto L (2)
3&4 ¼ turn right stepping R to right (3); Step L next to R (&); ¼ turn right stepping R forward (4)
5-6 Step L forward (5); Pivot ½ turn right weight on R foot (6)
7&8 Step L forward (7); Hold and clap (&); Touch R next to left and clap (8)

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