

My Message to You

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Hana Ries (USA) - November 2023
音樂: Three Little Birds - Bob Marley & The Wailers
或: Rockin' Around the Christmas Tree - Brenda Lee



Intro 16 Counts. Start dancing on lyrics.
(Read: R=right foot, L=left foot)
Rotation - Counter-clockwise

STEP/HITCH 3X, ROCK/RECOVER, STEP/HITCH 3X, ROCK/RECOVER (12:00→12:00)

1&2& Step R to right side, Hitch L knee slightly up, Step L down, Hitch R knee slightly up
3&4& Step R down, Hitch L knee slightly up, Rock L behind R, Recover to R
5&6& Step L to left side, Hitch R knee slightly up, Step R down, Hitch L knee slightly up
7&8& Step L down, Hitch R knee slightly up, Rock R behind L, Recover to L

Styling option: On counts 4& (rock/recover) turn ¼ left towards the side wall (face 9:00), then turn back to 12:00 before the next step/hitch. and on counts 8& (rock/recover) – Turn ¼ right towards the side wall (face 3:00), turn back to 12:00 before the next move.

RHYTHMIC WEAWE, ¼ PIVOT, ROCKING CHAIR, WALK (12:00→9:00)

1-2&3 Step R to right, Step L behind R, Step R to right, Cross L over R
4& Step R to right, Turn ¼ left and step L forward
5&6& Rock R forward, Recover to L, Rock R back, Recover to L
7-8 Step R forward, Step L forward

STEP-TOUCH COMBINATIONS (9:00→9:00)

1&2& Step R to right, Touch L next to R, Step L to left, Touch R next to L
3&4& Step R to right, Step L next to R, Step R to right, Touch L next to R
5&6& Step L to left, Touch R next to L, Step R to right, Touch L next to R
7&8 Step L to left, Step R next to L, Step L to left

Styling option: On counts 1-4 travel slightly diagonally forward right. On counts 5-8 travel slightly diagonally forward left.

GRINDING ROCKING CHAIR TWICE, FULL REVERSE TURN (9:00→9:00)

1&2& Grind R heel over L, Recover to L, Rock R back, Recover to L
3&4& Grind R heel over L, Recover to L, Rock R back, Recover to L (9:00)
5&6& Turn ¼ left and step R to right, Hitch L (6:00), Turn ¼ left and step L down, Hitch R (3:00)
7&8& Turn ¼ left and step R down, Hitch L (12:00), Turn ¼ left and step L down, Hitch R (9:00)

REPEAT