

Conro's Therapy

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: High Improver
編舞者: Mikael Mölsä (FIN) - March 2024
音樂: Therapy - Conro



Starting point: Just before the lyrics at the heavy beat, at about 0:19.

Note: Repeat the last 16 counts after walls 1 & 3. There is a 8-count tag after wall 2 and one 4-count long tag after wall 5.

ROCK STEP, BEHIND-SIDE-CROSS, SIDE STEP, SAILOR STEP, STEP BEHIND

1-2 Rock right to right diagonal, recover weight back to left
3&4 Step right behind left, step left to left side, step right across left
5-6 Take a big step to left with left, slide right next to left
7&8& Step right behind left, step left next to right, step right to right diagonal, step left behind right

Note: On walls 1 & 3 you can change accentuate the 1 with a stamp instead of step (weight is still returned back to left on count 2).

1/2 LEFT TURNING UNWIND, ROCK FORWARD, STEP BACK WITH 1/4 LEFT TURNING SWEEP, SAILOR STEP

1-2 Unwind 1/2 to left for 2 counts (weight ends up on left)
3-4 Rock right forward, recover weight back to left
5-6 Step right back and start the 1/4 left turning sweep with left foot, finish 1/4 left turning sweep with left foot
7&8 Step left behind right, step right next to left, step left to left diagonal

PONY STEPS BACK, OUT, OUT, IN, CROSS, HALF UNWIND

1&2 Rock right back, recover weight back to left, rock weight back to right
3&4 Rock left back, recover weight back to right, rock weight back to left
5& Step right out, step left out
6& Step right in place, step left across right
7-8 Unwind a half turn (weight ends up on left)

PONY STEPS BACK, KICK & TOUCHES

1&2 Rock right back, recover weight back to left, rock weight back to right
3&4 Rock left back, recover weight back to right, rock weight back to left
5&6& Kick right forward, step right next to left, touch left to left side, step left next to right
7-8 Touch right to right side, hold

Note: music is silent for 7-8 counts, so no need to do anything on those counts.

REPEAT

TAG1 (after wall 2, 8 counts)

ROCK STEP, BEHIND-SIDE-CROSS, ROCK STEP, BEHIND-SIDE-CROSS

1-2 Rock right to right side, recover weight back to left
3&4 Step right behind left, step left to left side, step right across left
5-6 Rock left to left side, recover weight back to right
7&8 Step left behind right, step right to right side, step left across right

TAG2 (after wall 5, 4 counts)

STEP OUT, OUT, IN, IN

1-2 Step right foot out, step left foot out

3-4

Step right foot back in place, step left foot next to right

ENDING:

The dance ends on wall 8 (starts facing 3:00). On that wall, change the behind-side-cross (3&4) to a 1/4 left turning sailor touch. After that do the out-out-in-in as it fits the music.
