

My Highland Girl

COPPER KNOB
BY STEPHEN M. C.

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Stephen McIntosh (SCO) - July 2024
音樂: Highland Girl - Nathan Evans



Start straight away on word 'Dance' approx. 1 second into music

Section 1 Walk fwd x 2, right mambo fwd, Walk back x 2, left coaster step

- 1 - 2 Walk forward RF (1), Walk forward on LF (2)
- 3 & 4 Rock RF forward (3), Recover onto LF (&), Step back on RF (4)
- 5 - 6 Walk back LF (5), Walk back on RF (6)
- 7 & 8 Step back on left (7), Step back on right (&), Step forward on left (8)

Section 2 Toe, Heel, Stomp x 2, K step with ¼ turn

- 9 & 10 Touch right toes to left instep (9), Touch right heel to left instep (&), Stomp forward on RF (10)
- 11 & 12 Touch left toes to right instep (11), Touch left heel to right instep (&), stomp forward on LF (12)
- 13 & Step RF diagonally forward (5), Touch left toes beside right (&)
- 14 & Step LF diagonally back (6), Touch RF beside LF (&)
- 15 & Make a ¼ turn right stepping RF to right side (7) 3:00, Touch LF beside RF (&)
- 16 & Step LF to left side (8), Touch RF beside left (&)

Restart here on wall 6, facing 12:00

Section 3 Side rock, recover, weave x 2

- 17 - 18 Rock RF to right side (17), Recover weight onto left (18)
- 19 & 20 Step RF behind LF (19), Step LF to left side (&), Cross RF over LF (20)
- 21 - 22 Rock LF to left side (21), Recover weight onto right (22)
- 23 & 24 Step LF behind RF (23), Step RF to right side (&), Cross LF over RF (24)

Section 4 Step, Flick, Step, Hook, Step, Heel Swivel, Ball Step ½ Pivot, Left shuffle forward

- 25 & 26 & Step RF fwd (1), Flick LF behind RF (&), Step LF back (2), Hook RF over L leg (&)
- 27 & 28 & Step RF fwd (3), Push R heel out (&), Bring R heel back in (4), Step RF next to LF (&) 12:00
- 29 - 30 Step LF fwd (5), Turn a ½ turn to right shoulder (6)
- 31 & 32 Step LF fwd (7), Cross RF behind LF (&), Step LF fwd (8)

Start again & Enjoy