

Country Therapy

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Liz Wakelin (NZ) - September 2024
音樂: Country Therapy - Wynn Williams



Intro: 16 Counts (anticlockwise)

{1-8} Right foot point right side, touch, kick ball touch, repeat Left foot (on the kick ball on both feet travel slightly forward)

1,2,3&4 Point Right foot to right side, touch Right foot next to Left foot, kick Right foot forward, step Right foot next to Left foot (&) touch Left foot next to Right foot
5,6,7&8 Point Left foot to right side, touch Left foot next to Right foot, kick Left foot forward, step Left foot next to Right foot (&) touch Right foot next to Left foot

*** Restart here wall 5 facing 12 o'clock**

{9-16} Right foot rock, recover, hinge ½, shuffle forward, ¼ paddle right, cross shuffle

1,2,3&4 Rock forward on Right foot, recover back onto Left foot, hinge ½ right stepping Right foot forward, step Left foot next to Right foot (&), step Right foot forward

***Ending here wall 12 facing 12 o'clock**

5,6,7&8 Step Left foot forward, turn ¼ right (end with weight on Right foot), cross Left foot over Right foot, small step Right foot to right side (&), cross Left foot over Right foot (facing 9 o'clock)

{17-24} Right side rock, recover, behind side cross, Left side rock, recover, ¼ left sailor step

1,2,3&4 Rock Right foot to right side, recover on Left foot, step Right foot behind Left foot, step Left foot to left side (&), step Right foot across Left foot

5,6,7&8 Rock Left foot to left side, recover on Right foot, turn ¼ sweeping Left foot around and behind Right foot, step Right foot next to Left foot (&), step Left foot forward (facing 6 o'clock)

{25-32} Right foot forward rock, recover, triple full turn right (or coaster step), Left foot side, Right heel, Right hook, ¼ left hinge and hitch

1,2,3&4 Rock Right foot forward, recover on Left foot, pivot ½ right stepping forward on Right foot, pivot ½ right stepping Left foot next to Right foot (&), step Right foot forward (or step Right foot back, step Left foot next to Right foot, step Right foot forward)

5,6,7,8 Step Left foot to left side, touch Right heel forward, touch Right toes across Left foot, hinge ¼ left as you hitch Right foot beside Left knee (facing 9 o'clock)

Restart Wall 5 After 8 Counts

Ending: Wall 12 after 12 Counts facing 6 o'clock

{9-12} Step, pivot 1/2 to front wall, shuffle forward, step drag

1,2,3&4 Rock forward on Right foot, recover back onto Left foot, hinge ½ right stepping Right foot forward, step Left foot next to Right foot (&), step Right foot forward, step Left foot toward, drag Right foot to finish behind left foot