

AB Dreams

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Sue Korek (USA) - 26 September 2024
音樂: Bad Dreams - Teddy Swims
或: Private Eyes (Remastered) - Daryl Hall & John Oates



Alternate Music:

Private Eyes Remastered (Hall & Oates--1981), bpm=121, Intro: 32 counts

No tags or restarts

Introduction: 32 counts

SECTION 1 (TWO TOE STRUTS FORWARD, ROCKING CHAIR)

1-2 Touch R toe forward, drop R heel
3-4 Touch L toe forward, drop L heel
5-6 Rock R forward, recover on L
7-8 Rock R back, recover on L

SECTION 2 (TWO TOE STRUTS BACK, ROCKING CHAIR)

1-2 Touch R toe back, drop R heel
3-4 Touch L toe back, drop L heel
5-6 Rock R forward, recover on L
7-8 Rock R back, recover on L

Optionally: Toe struts forward and back can be replaced with toe struts in place to improve flow into the rocking chair step.

SECTION 3 (TWO CROSS POINTS, JAZZ BOX ¼ TURN RIGHT)

1-2 Cross R over L, point L out
3-4 Cross L over R, point R out
5-6 Cross R over L, step L back
7-8 ¼ right step R, touch L beside R

SECTION 4 (MONTANA/CHARLESTON KICK, HIP BUMPS 2R 2L)

1-2 Step R forward, kick L forward
3-4 Return L, touch R back
5-6 Bump R hip twice to right
7-8 Bump L hip twice to left

This dance provides a good mix of AB steps with new (Teddy Swims) and/or older (Hall & Oates) music!

Thank you Susi for the excellent feedback.

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Last Update: 25 Mar 2025