

Long Live Cowgirls

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: High Beginner WCS
編舞者: Juan Aranda (ES) - October 2024
音樂: Cowgirls (feat. ERNEST) - Morgan Wallen



[1-8]: WALK RIGHT, WALK LEFT, ANCHOR STEP, SWEEP BACK LF, SWEEP BACK RF, ¼ TURN LF SAILOR STEP

1-2 Step RF FW, step LF FW.
3&4 Step RF behind LF, push up LF heels, push up RF heels.
5-6 Sweep LF back, sweep RF back.
7&8 ¼ turn sweep and step back LF, Step RF slightly back close to LF, step LF to the left. (9:00)

[9-16]: SWAY ROCK RF, ¼ TURN RECOVER HOOK, SHUFFLE FW, ROCK LF, RECOVER, RF BACK STEP LOCK STEP

1-2 Sway Rock RF to the right, recover with a ¼ turn right RF slightly hooking over LF (12:00)
3&4 Step RF FW, lock step LF behind RF, step RF FW
5-6 Rock Step LF forward, recover
7&8 Step LF back, lock step RF in front of LF, step LF back

[17-24]: SWAY ROCK RF, ¼ TURN RECOVER HOOK, SHUFFLE FW, SWAY ROCK FW RECOVER, ½ TURN SHUFFLE BACK

1-2 Sway Rock RF to the right, recover weight on LF with a ¼ turn right RF slightly hooking over LF (3:00)
3&4 Step RF forward, lock step LF behind RF, step RF FW
5-6 Sway rock LF FW, recover weight on LF
7&8 ¼ turn LF back (12:00), RF step together LF, ¼ turn LF forward (9:00)

[25-32]: SIDE ROCK RF RECOVER, CROSS SHUFFLE RF, ¼ TURN LF STEP, SPIRAL, SHUFFLE LF FW

1-2 Side Rock RF, recover
3&4 Cross RF in front of LF, step LF to the left, cross RF in front of LF
5-6 ¼ Step LF FW, step RF with a spiral turn over LF to the left
7&8 Step LF forward, lock step RF behind LF, step LF FW

START AGAIN

RESTART: On wall 3 dance up to count 16, recover weight on RF and restart dance again facing 12:00.

ENDING: On last wall after spiral (count 30) change shuffle LF for a ½ step pivot turn to L (31-32)

ENJOY THE DANCE!! If you have any question, please contact me: cowarandaboy@hotmail.com