

My Highland Girl

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Gary Steele (UK) - 29 November 2024
音樂: Highland Girl - Nathan Evans



Section 1 - Forward Walk, Walk, Forward Mambo, Back Walk, Walk, Back Mambo

- 1-2 Walk forward right, left.
- 3&4 Rock forward onto right, recover weight onto left, close right next to left.
- 5-6 Walk back left, right.
- 7&8 Rock back onto left, recover weight onto right, close left next to right.

Section 2 - Sugarfoot x2, Jazzbox ¼ Right

- 1&2 Touch right toe into left, dig right heel next to left, stomp slightly forward onto right.
- 3&4 Touch left toe into right, dig left heel next to right, stomp slightly forward onto left.
- 5-8 Cross right over left, step back onto left, make a ¼ right stepping right to right side, close left next to right. (3.00)

Section 3 - Heel Switch, Heel Hook Heel Close x2

- 1&2& Dig right heel forward, close right next to left, dig left heel forward, close left next to right.
- 3&4& Dig right heel forward, hook right across left, dig right heel forward, close right next to left.
- 5&6& Dig left heel forward, close left next to right, dig right heel forward, close right next to left.
- 7&8& Dig left heel forward, hook left across right, dig left heel forward, close left next to right.

Section 4 - Mambo Forward, Mambo Back, V-Step w/Claps

- 1&2 Rock forward onto right, recover weight onto left, close right next to left.
- 3&4 Rock back onto left, recover weight onto right, close left next to right.
- 5&6& Step diagonally forward onto right, clap hands diagonally up to right, step diagonally forward onto left, clap hands diagonally up to left.
- 7&8& Step right back to centre, clap hands down to right side, step left back to centre, clap hands down to left side.

RESTART

Wall 6 – dance up to count 16 of section 2 then restart the dance from the beginning!

ENJOY! ☐