

Heard the Beat EZ

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: S.M. Fulton (USA) - March 2025
音樂: The Time of Our Lives - The Venice Connection



#16-count intro, no tags or restarts

Walk-walk, forward mambo, back-back, coaster

1 2 3&4 RL walk-walk, R forward mambo (R forward, L back, R together)
5 6 7&8 LR back-back, L coaster step (L back, R together, L forward)

Cross-rock, chasse quarter, rock-recover, coaster

1 2 3&4 R cross over L, L recover, R side, L together, R quarter to 3:00
5 6 7&8 L forward-rock, R recover, L coaster step (L back, R together, L forward)

Side-touch, side-touch, jazz box

1 2 3 4 R side, touch L next to R, L side, touch R next to L
5 6 7 8 Jazz box (R cross over L, step back L, side R, L forward slightly)

FASTER OPTION for counts 1-4: R side (1), cha-cha (2&), L side (3), cha-cha (4&)

Broken down, that's R step side, L step next to R, R step next to L, then mirror that.

The music is somewhat slow here, so there's plenty of time for the extra steps.

ANOTHER OPTION for counts 1-4: R side (&), touch L next to R (1), hold (2). L side (&), touch R next to L (3), hold (4)

Side-hold, ball-side-hold, ball-side-hold, step, point out-in-out, hitch

1 2 & 3 4 R side (1), hold (2), L close next to R (&), R side (3), hold (4)
& 5 6 & L close next to R (&), R side (5), hold (6), L close next to R (&)
7 & 8 & Point R out to side (7), touch R next to L (&), point R out to side (8), R hitch (&)

Last Update: 20 Mar 2025