

Keep My Cool

COPPER KNOB
BY STEPHANIE

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Stephanie Mountford (UK)
音樂: Next to Me - Shayne Ward



SIDE STEP, SIDE SHUFFLE, SIDE STEP SIDE SHUFFLE

1-2 Step left out to left side, step right next to left
3&4 Step left out to left side, step right next to left, step left out to left side
5-6 Step right out to right side, step left next to right
7&8 Step right out to right side, step left next to right, step right out to right side

LEFT LOCK, LEFT SHUFFLE, ROCK RECOVER, TRIPLE ¾ TURN RIGHT

1-2 Step left foot forward, lock right foot behind left
3&4 Step left forward, step right behind left, step left foot forward
5-6 Rock right foot forward, recover onto left
7&8 ¾ turn right, stepping right left right

MONTEREY ½ TURN, OUT, IN, MONTEREY ½ TURN, OUT, IN

1-2 Point left toe out to left side, ½ turn left on ball of right foot, step left foot down
3-4 Point right toe out to right side, step right next to left foot
5-6 Point left toe out to left side, ½ turn left on ball of right foot, step left foot down
7-8 Point right toe out to right side, step right next to left foot

SKATE FORWARD X3, TOUCH, VAUDEVILLE TWICE

1-2 Skate left foot forward, skate right foot forward
3-4 Skate left foot forward, touch right next to left
5&6 Cross right over left, step left foot back, right heel forward
&7&8& Step right foot back into place, cross left over right, step right back, left heel forward, step left foot back into place

½ TURN, ¼ TURN VAUDEVILLE TWICE

1-6 Step forward right, pivot ½ turn left
3-4 Step forward right pivot ¼ turn left
5&6 Cross right over left, step left foot back, right heel forward
7&8& Step right foot back into place, cross left over right, step right back, left heel forward, step left foot into place

ROCK RECOVER, SLIDE BACK, KNEE POP, WALK TWICE, RIGHT SHUFFLE

1-2 Rock forward onto right foot, recover onto left foot
3-4 Slide right foot back, slide left foot back as you pop right knee
5-6 Walk forward right, left
7&8 Right shuffle forward right, left, right

ROCK RECOVER TRIPLE ¾ LEFT, SIDE TOUCHES, HEEL DIGS

1-2 Rock forward onto left recover onto right foot
3&4 Triple ¾ turn left, stepping left right left
5&6 Touch right toe to right side, step right next to left, touch left to left side
&7&8& Step left next to right, tap right heel forward, step right foot back into place, tap left heel forward, step left foot back into place

TOE TOUCHES WITH HOLD TWICE, WALK X3, TOUCH

1-2 Touch right toe next to left, hold

- &3-4 Step right into place, touch left toe next to right, hold
- &5-6 Step left foot into place, walk forward right, left
- 7-8 Walk forward right, touch left next to right (weight ends on right)

REPEAT
