

Last One Standing

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Improver
編舞者: Luke van der Meer (AUS)
音樂: Last One Standing - Girl Thing



- 1-2 Cross/step right foot in front of left, cross/step left foot in front of right
3& Cross/step right foot in front of left, stepping back onto left foot
4 Touch right foot beside left (keep weight on left foot)
5& Step right foot to right side, turn $\frac{1}{4}$ left stepping onto left foot
6& Scuff right foot beside left foot, scoot forward on left foot hitching right knee
7-8 Step right foot forward, touch left foot beside right (keep weight on right foot)
- &1-2 Stepping left foot back, touch right toe back, pivot $\frac{1}{4}$ right (taking weight on left)
3&4 Step right foot behind left, stepping left foot to left side, step right foot to right side (right sailor step)
5-6 Cross/touch left foot behind right, unwind $\frac{1}{2}$ back left (taking weight on left)
7& Step right foot forward on a 45 angle right, stepping left foot forward (keeping 45 angle)
8 Step right foot forward (keeping 45 angle)
- 1-2 Rock left foot forward in front of right, rock weight back onto right
&3 Turning $\frac{1}{4}$ left stepping left foot forward, step back onto right foot
&4 Turning $\frac{1}{4}$ left stepping left foot to left side, step right to right side
5-6 Step left foot forward, step right foot forward out to right side
7-8 Roll hips back to right side and circle them around forward to left side (taking weight onto left foot)
- 1-2 Rock right foot forward, rock weight back onto left foot
3& Turning $\frac{1}{2}$ back right step right foot forward, stepping left foot forward around $\frac{1}{2}$ right
4 Step right foot forward
5-6 Step left foot forward, pivot $\frac{1}{2}$ right
7&8 Step left foot forward, clapping hands (for &), clap hands (for 8)
- 1 Stomp right heel in towards the center and out to the right side
&2 Stepping right foot to the right side, touch left foot beside right (keep weight on right)
&3 Turning $\frac{1}{2}$ left stepping left foot to the left side, step right foot to right side
4 Step left foot beside right foot (taking weight onto left foot)
5-6 Turning $\frac{1}{4}$ right step right foot forward, twist both feet back around $\frac{1}{2}$ left
7 Bend knees to body roll down then back up
8 Step right foot beside left (taking weight onto right)
- 1& Twist both heels to left side, twisting both toes to left side
2 Twist both heels to left side
3& Rock hips to right side with right foot, rocking hips back to left side with left foot
4 Rock hips back to right side with right foot (weight should be on right foot)
5& Step left foot forward, turning $\frac{1}{2}$ back right stepping forward onto right foot
6-7 Step left foot forward, rock weight back onto right foot
8 Turning around $\frac{3}{4}$ back left step left foot forward

REPEAT