

Leave The City Behind

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Melissa Daum (USA)
音樂: Countrified - Clay Walker



STEP PIVOT, STEP PIVOT, JAZZ BOX, CROSS, POINT

1-2 Step right forward, turn ½ left (weight to left)
3-4 Step right forward, turn ½ left (weight to left)
5-6-7 Cross right foot over left, step left back, step right to side
&8 Cross left over right, touch right to right side

CROSS POINT TWICE, KNEE ROLL ¼ TURN, COASTER STEP

1-2 Cross right over left, touch left to side
3-4 Cross left over right, touch right to side
5-6 Swivel both heels to left making ¼ turn right

Roll knees to right on heel swivel. Weight stays on left

7&8 Step right back, step left together, step right forward

WALK, WALK MAMBO FORWARD, WALK BACK TWICE, MAMBO BACK

1-2 Step left forward, step right forward
3&4 Rock left slightly forward, recover to right, step left back
5-6 Step right back, step left back
7&8 rock right slightly back, recover to left, step right slightly forward

KICK AND CROSS TWICE, SLOW ROLL WEIGHT CHANGE

1&2 Kick left foot forward, cross left over right, touch right to right side
3&4 Kick right foot forward, cross right over left, touch left to left side
5-7 Slow roll body or hips to transfer weight to left foot
8 Touch right toe together

REPEAT

TAG

Toward the end of the song, it sounds like the music is ending as Clay says, "Fit to be tied." It happens as the first sixteen counts are ending, right foot forward toward 9:00 from the coaster step. Hold for 8 counts, then continue dance with the 3rd 8 count (walk, walk, mambo, etc.)