

A Little Gem

COPPER KNOB
BY STEPHEN

拍數: 96 牆數: 1 級數: Improver
編舞者: JJ (JP)
音樂: Here Is My Heart - Lionel Richie



SKATE, SKATE, SIDE ROCK, CROSS SHUFFLE, KICK BALL ¼ TURN

- 1-2 Sweep right foot forward and diagonally to right, sweep left forward and diagonally left
3-4 Step right foot to right side, weight back onto left foot in place
5&6 Cross right over left, left to left side, cross right over left
7&8 Kick left foot forward, weight back onto left foot making ¼ turn over left shoulder, step right in place

SKATE, SKATE, SIDE ROCK, CROSS SHUFFLE, KICK BALL ¼ TURN

- 9-10 Sweep left foot forward and diagonally to left, sweep right foot forward and diagonally right
11-12 Step left foot to left side, weight back on to right in place
13&14 Cross left over right, step right to right, cross left over right
15&16 Kick right foot forward, weight back onto right foot making ¼ turn over right shoulder, step left in place

WALK, WALK, FORWARD SHUFFLE, ROCK STEP, BACK STEPS

- 17-18 Step forward on right foot, step forward on left foot
19&20 Step forward on right foot, slide left up to right, step forward on right foot
21-22 Rock forward onto left foot, weight back onto right foot
23-24 Walk backwards on left foot swinging right heel in, walk backwards on right foot swinging left heel in

JUMP BACK CLAP, CLAP, ROCK STEP, SHUFFLE ½ TURN, STOMP RIGHT LEFT

- &25 Jump back onto left foot, touch right heel forward
26&27 Clap clap, bring right foot back in place next to left, rock forward onto left foot
28 Rock weight back onto right foot
29&30 Make ½ a turn over left shoulder stepping on left, right left
31-32 Stomp right foot in place, stomp left foot in place

STEP TURN, HEEL JACK, CLAP CLAP, STEP TURN, HEEL JACK, CLAP CLAP

- 33-34 Step forward on right foot, on weight of right foot swing round ½ turn over right shoulder landing with weight on left foot stepped back
&35 Jump back onto right foot, point left heel forward
36& Clap clap, step weight onto left foot forward
37-40 Repeat steps 33-36
& (Left heel is pointed forward) place weight fully onto that left foot

FULL TURN, FORWARD SHUFFLE, STEP POINT, STEP POINT

- 41-42 Step forward on right foot, step forward on left foot, all while making a full turn over the left shoulder
43&44 Step right foot forward, slide left foot up to right foot, step forward on right foot
45-46 Step left foot forward, point right foot to right side
47-48 Step right foot forward, point left foot to left side

BACK POINT, BACK POINT, BACK POINT, BACK POINT, CROSS UNWIND, JUMP OUT AND IN

- &49 Step left foot behind right, point right toe to right side
&50 Step right foot behind left, point left toe to left side
&51 Step left foot behind right, point right toe to right side

- &52 Step right foot behind left, point left toe to left side
53-54 Cross left foot over right, unwind $\frac{1}{2}$ turn over right shoulder ending with weight on both feet
&55 Jump left foot to left side, jump right foot to right side
&56 Jump left foot back in place, jump right foot back in place next to left

FORWARD SHUFFLE, JAZZ BOX $\frac{1}{4}$ TURN X 4

- 57&58 Step left foot forward, slide right foot up to left, step forward on left foot
59&60 Cross right foot over left, step back on left, make $\frac{1}{4}$ turn over right shoulder and step forward on right foot
61-72 Repeat steps 57-60 three more times

STEP TURN, HEEL JACK, CLAP CLAP, STEP TURN, HEEL JACK, CLAP CLAP

- 73-74 Step forward onto left foot, on weight of left foot swing round $\frac{1}{2}$ a turn over left shoulder landing with weight on right foot stepped back
&75 Jump back onto left foot, point right heel forward
76& Clap clap, place weight onto right foot forward
77-80 Repeat steps 73-76 but not the and count - weight remains on the left foot back and the "&" count is replaced by a third clap

FORWARD SHUFFLE, JAZZ BOX $\frac{1}{4}$ TURN X 4

- 81&82 Step forward on right foot, slide left foot up to right, step forward on right foot
83&84 Cross left foot over right, step right foot back, make $\frac{1}{4}$ turn over left shoulder and step forward on the left foot
85-96 Repeat steps 81-84 three more times

REPEAT
