

A Little Help

COPPERKNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate mixed rhythm
編舞者: Jezza (UK)
音樂: With A Little Help From My Friends - Sam & Mark



STEP RIGHT SLIDE LEFT, BEHIND SIDE CROSS, SIDE ROCK CROSS HOLD

1-2 Large step right to right side, slide left nearly up to right
3&4 Cross left behind right, step right to right, cross left over right
5-6 Rock right to right side, recover weight on left
7-8 Cross right over left, hold

LARGE STEP BACK LEFT, SLIDE RIGHT BACK, RIGHT COASTER, TOE SWITCHES, HOLD

1-2 Large step back on left, slide right nearly up to left
3&4 Step back on right, step left next to right, step forward on right
5&6 Touch left toe forward, step left next to right, touch right toe forward
&7-8 Step right next to left, touch left toe forward, hold,

PIVOT ½ TURN LEFT, ROCK BACK RECOVER, SHUFFLE FORWARD, ROCK FORWARD RECOVER

&1-2 Bring left next to right, step forward on right, pivot ½ turn left
3-4 Rock back on left, recover weight on right
5&6 Shuffle forward left, right, left
7-8 Rock forward on right, recover weight on left

¾ TRIPLE TURN RIGHT, SWAY LEFT RIGHT, SHUFFLE ¼ TURN, ¾ TURN LEFT

1&2 Triple ¾ turn right, stepping right left right (facing 3:00)
3-4 Sway left then right hitching left knee
5&6 Shuffle ¼ turn left, left, right, left
7-8 Step forward on right, (transferring weight on left) turn ¾ left, (facing 3:00)

REPEAT
