

Lock Stock And Barrel

COPPER **KNOB**
BY STEPHEN

拍數: 60 牆數: 0 級數:
編舞者: Sandra Eason
音樂: Crescent City - Emmylou Harris



Position: Right Skaters (Promenade) Position (hands crossed in front at waist level Left hand to Left hand, Right hand to Right hand with Right hands on top)

TOE HEEL/TOUCHES, STEP & HOLD

1-2 Touch right toes to left instep, heel raised, touch right heel to left instep, toes raised
3-4 Step back on right foot, hold one beat
5-6 Touch left toes to right instep, heel raised, touch left heel to right instep, toes raised
7-8 Step back on left foot, hold one beat
9-16 Repeat beats 1-8

HEEL STRUTS, STEP SCOOTs

17-18 Step right heel forward, bring ball of foot to floor
19-20 Step left heel forward, bring ball of foot to floor
21-22 Step forward on right foot, scoot forward on right foot, hitching left knee
23-24 Step forward on left foot, scoot forward on left foot, hitching right knee
25-32 Repeat beats 17-24

RIGHT GRAPEVINE

33-34 Step right foot to right side, hold one beat
35-36 Step left foot behind right, hold one beat
37-38 Step right foot to right side, hold one beat
39-40 Touch left foot next to right, hold one beat

LEFT GRAPEVINE

41-42 Step left foot to left side, hold one beat
43-44 Step right foot behind left, hold one beat
45-46 Step left foot to left side, hold one beat
47-48 Touch right foot next to left, hold one beat

FORWARD SHUFFLES

49&50 Shuffle forward right, left, right
51&52 Shuffle forward left, right, left

RUN FORWARD

53-55 Run forward right, left, right
56 Step left foot next to right

HEEL SPLITS

57-58 Split heels apart, bring heels back together

HIP SWAYS

59-60 Small step to right side with right foot swaying hips at same time, sway hips to left

REPEAT