

Louise Knees

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 2 級數:
編舞者: Vicky McCulloch (CAN)
音樂: Laid Back Stone Cold - Michelle Wright



CROSS-OVER, HEEL-TOES

- 1-2 Crossing right over left, touch right toe down to the left of left Step right heel down & snap fingers.
3-4 Touch left toe back behind right . Step left heel down & snap fingers.
5-6 Touch right toe down to the right Step right heel down & snap fingers.
7-8 Crossing left over right, touch left toe down to the right of right Step left heel down & snap fingers.

Styling note: On counts 1&2, lean forward from the waist. To snap fingers, bend arms at elbows and swing arms left-right-left-right on counts 2,4,6&8.

WALK FORWARD WITH KNEE POPS

- 1-2 Touch right toe forward & swing right knee to the right & look right Bring right knee back to center & step right heel down & look forward
3-4 Touch left toe forward & swing left knee to the left & look left Bring left knee back to center & step left heel down & look forward
5-6 Touch right toe forward & swing right knee to the right & look right Bring right knee back to center & step right heel down & look forward
7-8 Touch left toe forward & swing left knee to the left & look left Bring left knee back to center & step left heel down & look forward

WALK BACK WITH FOOT CIRCLES

- 1-2 Touch right toe forward, move right toe in a half-circle behind left foot & step right heel down while popping left heel up
3-4 Circle left toe behind right, step left heel down while popping right heel up
5-6 Circle right behind left, step right heel down while popping left heel up
7-8 Circle left behind right, step left heel down

RIGHT & LEFT HIP BUMPS/TOUCH-KICK-TOUCH BEHIND-½ TURN

- 1-2 Turn to face diagonally left & step right forward while bumping right hip to right, hold
3-4 Step left forward while bumping left hip to left, hold
5-6 Touch right toe directly in front of left, kick right diagonally to the right
7-8 Touch right toe behind left, turn ½ right

LEFT & RIGHT HIP BUMPS/TOUCH-KICK-TOUCH BEHIND-3/8 LEFT TURN

- 1&2 Step left forward & bump hips left-right-left
3&4 Step right forward & bump hips right-left-right
5-6 Touch left directly in front of right, kick left diagonally to the left
7-8 Touch left behind right turn 3/8 left to face original wall

WALK FORWARD WITH SIDE TOUCH-CROSSES

- 1-2 Touch right to right, cross right over left & step right down to the left of left
3-4 Touch left to the left, cross left over right & step left down to the right of right
5-6 Touch right to right, cross right over left & step right down to the left of left
7-8 Touch left to the left, cross left over right & step left down to the right of right

¼ MONTEREY TURNS

- 1-2 Touch right to the right, turn ¼ right & step right beside left

- 3-4 Touch left to left, step left beside right
- 5-6 Touch right to right, turn $\frac{1}{4}$ right & step right beside left
- 7-8 Touch left to left, step left beside right

RIGHT JAZZ BOX/LEFT JAZZ BOX

- 1-2 Cross right over left & step down, step left back
- 3-4 Step right beside left, touch left toe to right instep
- 5-6 Cross left over right & step down, step right back
- 7-8 Step left beside right, touch right toe to left instep

REPEAT

Styling note: The first time through, there is a break in the song. To hit the break, step left beside right for count 4, stomp right forward on count 5 and hold for counts 6,7,&8.
