

Love At First Sight

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Matthew Taylor (UK)
音樂: Love At First Sight - Mary J. Blige



WALK, WALK, FULL TURN, POINT, SAILOR STEP TWICE

1-2 Walk left, walk right
3&4 Turn ½ turn over right shoulder stepping back on left, turn ½ turn over right shoulder stepping forward on right, point left to left side
5&6 Step left behind right, step right to side, step left to side
7&8 Step right behind left, step left to side, step right to side

STEP ¾ TURN, STEP SLIDE, KICK BALL HEEL, ¼ TURN, (WITH OPTIONAL BODY ROLL)

1-2 Step forward on left, make ¾ turn over right shoulder, (weight ends on right)
3-4 Step large step left with left, slide right foot up to left, (taking weight on right)
5&6 Kick left forward, step left in place, touch right heel forward
7-8 Make ¼ turn left, (with optional body roll) taking weight on left

SCUFF, HITCH, STEP BACK, SIT & BUMP, ROCK & TURN, STEP LOCK UNWIND

1&2 Scuff right foot forward, hitch right knee up, step back on right
3&4 Bend knees (sit), while straightening knees pump chest forward & back
5&6 Rock forward on right, replace weight back on left, ½ turn right stepping forward on right
&7-8 Step left foot forward, lock right foot behind left, unwind ¾ turn over right, (taking weight on to left)

KICK & POINT TWICE, FULL MONTEREY, POINT, HEEL TWIST TOGETHER

1&2 Kick right forward, step in place, point left toe out to side
3&4 Kick left forward, step in place, point right toe out to side
5-6 Turn full Monterey over right shoulder, point left toe out to side
7&8 Twist left heel in, twist left heel out, bring left in to place next to right

REPEAT
