

Love It

COPPER KNOB
STEPPERS

拍數: 32 牆數: 1 級數: Improver
編舞者: Jo Miller (USA)
音樂: 24-7-365 - Neal McCoy



SAILOR 3X, POINT AND HOLD

- 1&2 Swing right foot behind left and step on it, step ball of left foot to left, step right foot the right
3&4 Swing left foot behind right and step on it, step ball of right foot to right, step left foot to the left
5&6 Swing right foot behind left and step on it, step ball of left foot to left, step right foot to the right
7-8 Point left foot to left side and hold for count 8

POINT-HOLD 2X, ROCK FORWARD & BACK, SAILOR ½ TURN LEFT

- &1-2 Step forward onto left, pointing right to right side, and hold
&3-4 Step forward onto right, pointing left to left side, and hold
5-6 Rock forward onto left foot, rock back onto right foot
7&8 Swing left foot behind right into a ½ turn to the left and step on it, step right to right side, step left to left side

SHUFFLE FORWARD 2X, ¼ TURN TO LEFT 2X

- 1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5-8 Step forward on right, ¼ to left ending with weight on left foot, repeat

KICK-BALL-CROSS 3X, STEP AND HOLD

- 1&2 Kick diagonally left with the right foot, step ball of right foot next to left, step left foot across in front of right foot
3&4 Kick diagonally left with the right foot, step ball of right foot next to left, step left foot across in front of right foot
5&6 Kick diagonally left with the right foot, step ball of right foot next to left, step left foot across in front of right
7-8 Take a big step to the right, letting left foot point out to left side and hold

Let the left foot swing around behind the right to begin the sailor

REPEAT
