

Love Supreme

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Michael Lynn (UK)
音樂: Invincible - Carola



RIGHT HEEL DIGS, BEHIND SIDE CROSS, LEFT HEEL DIGS, BEHIND SIDE CROSS

1-2 Touch right heel forward twice
3&4 Cross right behind left, step left to left side, cross right over left
5-6 Touch left heel forward twice
7&8 Cross left behind right, step right to right side, cross left over right

MONTEREY ¼ TURN RIGHT, HEEL DIGS, BACK RIGHT COASTER

1-2 Touch right to right side, on ball of left make ¼ turn right, stepping right beside left
3-4 Touch left to left side. Step left beside right
5&6 Dig right heel forward, hitch right across left, dig right heel forward
7&8 Step back right, step left beside right, step forward right

FORWARD LEFT SHUFFLE, RIGHT ROCK RECOVER, TRIPLE FULL TURN RIGHT, TOE SWITCHES

1&2 Step forward left, close right beside left, step forward left
3-4 Step right forward, rock weight back onto the left
5&6 Triple step full turn right, stepping - right, left, right
7&8 Touch left toe to left side, step left beside right, touch right to right side

¼ TURN RIGHT BODY, BODY ROLLS, KICK BALL CHANGE, SHOULDERS

1-2 Twist your body slightly ¼ right, body roll over 2 counts
3-4 Body roll over 2 counts
5&6 Kick right forward, step right beside left, step onto left in place
7-8 Drop right heel, lifting left heel (keeping toe in place), drop left heel, lifting right heel

On counts 7-8 shrug right shoulder up with left down, then shrug left shoulder up, right shoulder down

REPEAT
