

Lucky & Strong

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Improver
編舞者: David J. McDonagh (WLS)
音樂: Lucky - Britney Spears



HEEL HOOK, 2X STEP-LOCK-STEPS TRAVELING FORWARD, STEP-TURN-KICK

1-2 Touch right heel forward, hook right over left shin
3&4 Step right forward, lock-step left behind right, step right forward
5&6 Step left forward, lock-step right behind left, step left forward
7&8 Step right forward, pivot ½ turn over left shoulder, kick right forward to left diagonal

CROSS-ROCK-ROCK-KICK (X3), CROSS-POINT-AND-POINT

&1& Cross-step right over left, rock left to left side, rock weight onto right
2 Kick left forward to right diagonal
&3& Cross-step left over right, rock right to right side, rock weight onto left
4 Kick right forward to left diagonal
&5& Cross-step right over left, rock left to left side, rock weight onto right
6 Kick left forward to right diagonal
&7 Cross-step left over right, point right toe to right side
&8 Touch right toe beside left, point right toe to right side

TURN WITH HIP SWAY, COASTER STEP, POINT, TURN WITH HIP SWAY, COASTER STEP, POINT WITH (¼-LEFT) TURN

1 On ball of left turn ¼ right swaying hips left
2&3 Step right back, step left beside right, step right forward
4 Point left toe to left side
5 On ball of right turn ¼ left swaying hips right
6&7 Step left back, step right beside left, step left forward
8 On ball of left turn ¼ left pointing right toe to right side

PADDLE STEPS (TWICE), CROSS CHASSE, HEEL GRIND WITH (¼-LEFT) TURN, BACK-LOCK-STEP

1 On ball of left turn ¼ left pointing right toe to right side
2 On ball of left turn ¼ left pointing right toe to right side
3&4 Cross-step right over left, step left to left side, cross-step right over left
5 Step left heel to left side
6 With weight on left heel, turn left toes left with ¼ turn left, rocking weight back onto right
7&8 Step left back, cross-step right over left, step left back

REPEAT

BONUS STEPS:

If dancing to "Lucky" then complete the following, if danced to "Stronger" - then leave it out:

To make sure the dance fits to "Lucky" perfectly - add the following tag:

After the second, fourth and sixth walls of the dance. Basically every time you face the front after the first wall..

SIDE ROCK, TRIPLE ½ TURN, (REPEAT ON OPPOSITE), FORWARD ROCK, TRIPLE (FULL) TURN, (REPEAT ON OPPOSITE)

1-2 Rock right to right side, rock weight to left side
3&4 On the spot and ½ turn over left shoulder step: right, left, right
5-6 Rock left to left side, rock weight to right side
7&8 On the spot and ½ turn over right shoulder step: left, right, left

9-10 Rock forward onto right, rock weight back onto left
11&12 On the spot and full turn over right shoulder step: right, left, right
13-14 Rock forward onto left, rock weight back onto right
15&16 On the spot and full turn over left shoulder step: left, right, left
