

Make Your Mind Up

COPPER KNOB
BY STEPHEN METELNICK

拍數: 0 牆數: 2 級數: Intermediate
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音樂: Making Your Mind Up - Bucks Fizz



Sequence: AAB, AB, AB, A to the end

PART A

VINE RIGHT 4, RIGHT SIDE ROCK & RECOVER, RIGHT CROSS STEP, HOLD

1-4 Step right to right, cross step left behind right, step right to right, cross step left over right
5-8 Rock right to right side, recover weight on left, cross step right over left, hold

¼ LEFT & LEFT FORWARD, HOLD, ½ LEFT STEP RIGHT TOGETHER, HOLD, LEFT FORWARD LOCK STEP, HOLD

1-4 Turning ¼ left step left forward, hold, turning ½ left step right together, hold
5-8 Step left forward, lock right behind left, step left forward, hold

RIGHT HEEL, RIGHT BACK, LEFT CROSS STEP, RIGHT BACK, KICK LEFT FORWARD, STEP LEFT BACK, RIGHT CROSS STEP, LEFT HOLD

1-4 Touch right heel forward, step right back, cross left over right, step right back
5-8 Touch left heel forward, step left back, cross step right over left, hold

LEFT SIDE, RIGHT TOGETHER, LEFT FORWARD, HOLD, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, HOLD

1-4 Step left to left, step right together, step left forward, hold
5-8 Step right forward, pivot ½ left, step right forward, hold

LEFT FORWARD DIAGONAL LOCK, RIGHT DIAGONAL FORWARD, LEFT FORWARD, HOLD FOR 3

1-4 On left diagonal step left forward, lock right behind left, step left forward, step right forward on right diagonal
5-8 Step left forward, hold for 3

RIGHT FORWARD, ½ LEFT PIVOT, RIGHT FORWARD, HOLD, LEFT FORWARD, ¼ RIGHT PIVOT, LEFT CROSS STEP, HOLD

1-4 Step right forward, pivot ½ left, step right forward, hold
5-8 Step left forward, pivot ¼ right, cross step left over right, hold

PART B

RIGHT TOE STRUT, LEFT CROSS OVER TOE STRUT, ½ LEFT TURN, RIGHT CROSS STEP, HOLD

1-4 Touch right toes to right side, step right heel down, cross touch left toes over right, step left heel down
5-8 Turning ¼ left step right back, turning ¼ left step left to left, cross step right over left, hold

LEFT SIDE ROCK & RECOVER, LEFT CROSS STEP, HOLD, RIGHT SIDE, LEFT TOGETHER, RIGHT BACK, HOLD

1-4 Rock left to left side, recover weight on right, cross step left over right, hold
5-8 Step right to right side, step left together, step right back, hold

¼ LEFT & LEFT FORWARD TRIPLE STEP, HOLD, RIGHT FORWARD, ½ LEFT PIVOT, RIGHT FORWARD, HOLD

1-4 Turning ¼ left step left forward, step right together, step left forward, hold
5-8 Step right forward, pivot ½ left, step right forward, hold

LEFT TOE STRUT, RIGHT CROSS OVER TOE STRUT, LEFT SIDE ROCK & RECOVER, LEFT CROSS STEP, HOLD

1-4 Touch left toes to left side, step left heel down, cross touch right toes over left, step right heel down

5-8 Rock left to left side, recover weight on right, cross step left over right, hold

$\frac{3}{4}$ TURN LEFT OVER 4 COUNTS

1-4 Turning $\frac{1}{4}$ left step right back, hold, turning $\frac{1}{2}$ left step left forward, hold
