

Making My Move

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 2
編舞者: Heather Frye (CAN)
音樂: Faded - Soul Decision

級數: Intermediate



WALK RIGHT, LEFT,, POINT SWEEP TURN, KNEES, RIGHT & LEFT & HOP ½ TURN TO THE RIGHT

- 1-2 Walk forward right, left
- 3&4 Point right foot across left keeping toe off the floor keeping toe off the floor, sweep right foot in a circle to the right pivoting ¼ turn to the right, step right foot down beside left
- 5&6 Bend both knees & pop toward right side on a 45 degrees angle, straighten knees facing center, bend both knees & pop towards left side on a 45 degrees angle
- 7&8 Keeping knees slightly bent hop right to face center, hop with both feet ¼ turn right, hop with both feet another ¼ turn right (resume natural dance posture)

SIDE ROCKS, RIGHT SAILOR, LEFT SAILOR, SIDE ROCKS

- 1&2& Step slightly to the right and rock weight to right foot, rock weight onto left foot, rock weight onto right foot, rock weight onto left foot (rocks are in place)
- 3&4 Right sailor (cross step right behind left angling body slightly, step left to left side, step right slightly forward and to right side)
- 5&6 Left sailor (cross step left behind right angling body slightly, step right to right side, step left slightly forward and to left side)
- 7&8 Rock weight onto right foot, rock weight onto left foot, rock weight onto right foot

STEP LEFT, TOUCH RIGHT HEEL FORWARD, TURN ¼ TURN LEFT, JUMP OUT, SHOULDERS LEFT, & RIGHT, ROLL HIPS

- 1-2 Step forward left, touch right heel forward
- 3-4 Pivot ¼ left on left foot bring right foot beside left at the same time with knees slightly bent, jump out both feet at the same time ending with feet shoulder width apart
- 5-6 Shift shoulders to the left, shift shoulders to the right
- 7-8 Roll hips from right to the left one and a half rotations bringing weight back onto left

SYNCOPATED TOE TOUCHES FORWARD (MOVING SLIGHTLY BACKWARDS), HITCH, POINT

- 1-2 Touch right toe forward with body angled to the left on a 45 degrees angle, hold
- &3-4 Bring right foot back beside left, touch left toe forward with body angled to the right on a 45 degrees angle, hold
- &5 Bring left foot back beside right, touch right toe forward with body angled to the left on a 45 degrees angle
- &6 Bring right foot back beside left, touch left toe forward with body angled to the right on a 45 degrees angle
- &7 Bring left foot back beside right, touch right toe forward with body angled to the left on a 45 degrees angle
- &8 Hitch right knee with body remaining angled to the left on a 45 degrees angle, touch right toe forward and angle body towards the front

REPEAT