

Makin' Tracks

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jo Thompson Szymanski (USA)
音樂: Baby Please Come Home - Scooter Lee



Start on the word "Day". The first 16 counts are done in kick-line formation. Hands will be placed on the person's shoulders on either side of you. Do not wrap arms all the way around their neck! Your right hand will be on the left shoulder of the person to your right and your left hand will be on the right shoulder of the person to your left. Their hand will be on your shoulders as well. This dance is meant to be easy and fun. Enjoy!!

KICK-LINE: STEP, KICK ACROSS, STEP, KICK ACROSS, REPEAT

- 1-2 Step right foot to right side, kick left foot across in front of right
- 3-4 Step left foot to left side, kick right foot across in front of left
- 5-6 Step right foot to right side, kick left foot across in front of right
- 7-8 Step left foot to left side, kick right foot across in front of left

KICK-LINE: VINE RIGHT 3, KICK ACROSS, VINE LEFT 3, KICK ACROSS

- 1-3 Step right foot to right side, step left foot crossed behind right, step right foot to right side
- 4 Kick left foot across in front of right.
- 5-7 Step left foot to left side, step right foot crossed behind left, step left foot to left side.
- 8 Kick right foot across in front of left.

VINE RIGHT 2, 2 TRIPLES TURNING ½ RIGHT, ROCK BACK, RECOVER

- 1-2 Releasing hands on shoulders, step right foot to right side, step left foot crossed behind right
- 3&4 Step right foot to right side, step together with left foot, turn ¼ on left foot, step forward with right foot
- 5&6 Turn ¼ on right foot, step left foot to left side, step together with right foot, step left foot to left side
- 7-8 Rock back on ball of right foot, recover weight forward to left foot

DIAGONAL STEP TOUCHES FORWARD, DIAGONAL STEP TOUCHES BACK

- 1-2 Step right foot forward to right 45 degree angle, touch left foot beside right, clap hands
- 3-4 Step left foot forward to left 45 degree angle, touch right foot beside left, clap hands
- 5-6 Step right foot back to right 45 degree angle, touch left foot beside right, clap hands
- 7-8 Step left foot back to left 45 degree angle, touch right foot beside left, clap hands

Option: just for fun, if you want to hit an accent in the music (what we call hitting the breaks) on repetitions 4, 10, & 12 of the dance, during the above 8 counts, jump back right, left putting feet apart on counts &5. Hold counts 6-8 (or roll hips).

REPEAT

ENDING:

The dance will finish with the vine right 3, kick across with left. There will be one more count after that in which you will stomp left foot forward to left 45 degree angle, leaning body in that direction, releasing hands from shoulders, placing left hand low, palm up, in front of you to that angle and right hand high up, palm up, behind you along that same angle. Ta-daaa!!