

A Man Is Not A Camel!

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Linda Burgess (AUS)
音樂: A Man Is Not A Camel - Tom Curtain



SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT

1&2-3&4 Shuffle forward right, left, right, shuffle forward left, right, left

ROCK FORWARD & BACK, STEP BACK & HEEL & TOGETHER, STEP FORWARD

5-6&7&8 Rock/step forward right, rock/step back left, step back right, tap left heel forward, step left beside right, step forward right

PIVOT ½ RIGHT, SIDE SHUFFLE LEFT

1-2-3&4 Step forward left, pivot ½ turn right, (weight right), shuffle to left, stepping left, right, left

RIGHT SAILOR, LEFT COASTER

5&6-7&8 Step right behind left, step left to left, step right in place, step back left, step right beside left, step forward left

KICK RIGHT BALL CHANGE, TURN ¼, KICK RIGHT BALL CHANGE

1&2-3&4 Kick right forward, step ball of right slightly back, step left in place, turn ¼ right & kick right forward, step ball of right slightly back, step left in place

Restart goes here

SIDE BEHIND, SIDE, CROSS SHUFFLE

5-6&7&8 Step right to right, cross/step left behind right, step right to right, cross step left over right, step right to right, cross/step left over right

STOMP & SHIMMY ½ TURN

1-2-3-4 Stomp right forward, keeping weight on right, pivot/twist 1/8 left, weight still on right pivot/twist 1/8 left, weight still on right, pivot/twist ¼ left (making total ½ turn left) (shimmy shoulders as you turn)

STEP FORWARD TOGETHER TWIST TWIST TWIST

5-6-7&8 Weight still on right, step forward left, stomp right beside left, twist heels right, left, right (weight left)

HEEL JACKS BACK RIGHT, LEFT, RIGHT, SCOOT FORWARD RIGHT, STEP FORWARD LEFT

&1&2&3&4 Step back right, touch left heel forward, step back left, touch right heel forward, step back right, touch left heel forward, scoot forward on right, step forward, left

ROCK & HEEL GRIND, RIGHT COASTER

5-6-7&8 Rock forward, digging right heel forward, toe facing 45 left, turn right toe to right 45, (weight on right), step left in place, step back right, step left beside right, step forward right

LEFT JAZZ BOX STEP ½ TURN LEFT, SHUFFLE FORWARD LEFT

1-2-3&4 Cross/step left over right, step back right, weight right, turn ½ left & shuffle forward left, right, left

PIVOT ½ LEFT, FULL TURN LEFT (FORWARD)

5-6-7-8 Step forward right, pivot ½ turn left, weight left, turn ½ left, step back right, turn ½ left & step forward left

REPEAT

RESTART

Restart on wall 4, after count 20 (facing back; now wall 5)

Restart on wall 7 (front) after count 20 again, then turn $\frac{1}{4}$ right on count 1, and restart facing front, now wall 8
