

Martika's Kitchen

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Terry Mchugh (UK)
音樂: Martika's Kitchen - Martika



SCUFF FORWARD RIGHT, HEELS OUT, IN, OUT, COASTER STEP, ROCK HIPS FORWARD, BACK, FORWARD

1-2 Scuff right forward, step right in front of left
3&4 Push both heels out, in, out
5&6 Step back on right step left beside right step forward on right
7&8 Push hips forward, back, forward

WALK FORWARD RIGHT, LEFT, FORWARD MAMBO, 2 RIGHT SIDE MAMBOS, WITH ¼ TURN LEFT

1-2 Walk forward on left, walk forward on right
3&4 Step forward on left, step right in place, step left beside right
5&6 Step right to right side, step left in place, step right beside left
7&8 Step right to right side, step left in place, step right beside left with ¼ turn left

2 RIGHT HEEL DIGS & RIGHT SAILOR, 2 LEFT HEEL DIGS & LEFT SAILOR

1-2 Dig right heel forward, dig right heel diagonally forward
3&4 Step right behind left, step left beside right, step right in place
5-6 Dig left heel forward, dig left heel diagonally forward
7&8 Step left behind right, step right beside left, step left in place

STEP FORWARD RIGHT, TAP LEFT BEHIND RIGHT, BACK SHUFFLE, 4STEPS BACK, WITH HEEL TWISTS

1-2 Step forward on right tap left behind right
3&4 Shuffle back left, right, left
5-6 Step back on right, with heel pointed out, swivel heel in, repeat on left
7-8 Repeat steps 5-6

SWEEP RIGHT LEG INTO ¼ TURN LEFT, RIGHT COASTER, 2 HEEL JACKS, SLIDE FORWARD LEFT

1-2 Sweep right leg out & round, bring right beside left, with ¼ turn left
3&4 Step back on right, step left beside right, step forward on right
5&6 Step forward on heel of left, step left beside right, step forward on heel of right
&7-8 Step right beside left, take long step forward on left, step right beside left

ROCK FORWARD, BACK, RIGHT SHUFFLE FORWARD, ROCK FORWARD, BACK, LEFT SHUFFLE FORWARD

1-2 Step & rock forward on right, rock back on left
3&4 Shuffle forward right, left, right
5-6 Step & rock forward on left, rock back on right
7&8 Shuffle forward left, right, left

SCUFF RIGHT FORWARD, HEELS OUT, IN, OUT, ¼ TURN LEFT, HIP ROCK, LEFT, RIGHT, LEFT

1-2 Scuff right forward, step right in front of left
3&4 Push both heels, out, in, out
5-6 Step forward on right heel, swivel both feet ¼ turn left
7&8 Rock hips left, right, left

4 CROSS & POINTS, STARTING WITH RIGHT FOOT

1-2 Step forward on right, slightly across left, point left toe to left side

- 3-4 Step forward on left slightly across right, point right toe to right side
- 5-6 Step forward on right slightly across left, point left toe to left side
- 7-8 Step forward on left slightly across right, point right toe to right side

REPEAT
