

Mbm Nightmare

COPPERKNOB
BY STEPHENETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Marco Maselli (BEL)
音樂: Two Feet of Topsoil - Brad Paisley



ROCK STEP FORWARD, RECOVER, COASTER STEP, SHUFFLE FORWARD, FULL TURN TO THE LEFT

- 1-2 Right foot rock forward, left foot recover weight on left foot
- 3&4 Right foot step back, left foot step back beside right foot, right foot step forward
- 5&6 Left foot step forward, right foot close beside left foot, left foot step forward
- 7-8 On left foot ½ turn to left and right foot step backward, on right foot ½ turn to left and left foot step forward

STOMP, KICK, SAILOR STEP, SAILOR STEP WITH ¼ TURN TO LEFT, STOMPS

- 1-2 Right foot stomp beside left foot (no weight), right foot kick diagonally forward to the right
- 3&4 Right foot cross behind left foot, left foot step to the left side, right foot to the right side
- 5&6 Left foot cross behind right foot, right foot step to the right side with ¼ turn to the left, left foot step forward
- 7-8 Right foot stomp in place beside left foot, left foot stomp in place beside right foot

APPLE JACK TO THE LEFT THEN TO THE RIGHT TWICE, APPLE JACK TO THE LEFT TWICE, APPLE JACK TO THE RIGHT TWICE (WEIGHT TRANSFER)

- 1 Left foot weight on heel and swivel toe to the left, right foot weight on the ball and swivel heel to the left
- & Recover weight on both feet
- 2 Right foot weight on heel and swivel toe to the right, left foot weight on the ball and swivel heel to the right,
- & Recover weight on both feet
- 3 Left foot weight on heel and swivel toe to the left, right foot weight on the ball and swivel heel to the left
- & Recover weight on both feet
- 4 Right foot weight on heel and swivel toe to the right, left foot weight on the ball and swivel heel to the right,
- & Recover weight on both feet
- 5 Left foot weight on heel and swivel toe to the left, right foot weight on the ball and swivel heel to the left
- & Recover weight on both feet
- 6 Left foot weight on heel and swivel toe to the left, right foot weight on the ball and swivel heel to the left
- & Recover weight on both feet
- 7 Right foot weight on heel and swivel toe to the right, left foot weight on the ball and swivel heel to the right,
- & Recover weight on both feet
- 8 Right foot weight on heel and swivel toe to the right, left foot weight on the ball and swivel heel to the right,
- & Recover weight on both feet

SWIVEL TO THE LEFT, HEEL SWITCHES AND CROSS TOUCH

- 1 Right foot swivel heel to the left and left foot swivel toe to the left
- 2 Left foot swivel heel to the left and right foot swivel toe to the left
- 3 Right foot swivel heel to the left and left foot swivel toe to the left
- & Left foot swivel heel to the left and right foot swivel toe to the left
- 4 Right foot swivel heel to the left and left foot swivel toe to the left

5&6 Right foot tap heel forward, right foot step beside left foot, left foot tap heel forward
&7-8 Left foot step beside right foot, right foot tap heel forward, right foot cross over left foot touching the floor with the toe

SHUFFLE FORWARD, ½ TURN, SHUFFLE BACKWARD, ½ TURN, SHUFFLE FORWARD, ½ TURN, SHUFFLE BACKWARD

1&2 Right foot step forward, left foot close beside right foot, right foot step forward
& On right foot ½ turn to the right
3&4 Left foot step backward, right foot close beside left foot, left foot step backward
& On left foot ½ turn to the right
5&6 Right foot step forward, left foot close beside right foot, right foot step forward
& On right foot ½ turn to the right
7&8 Left foot step backward, right foot close beside left foot, left foot step backward

ROCK STEP BACKWARD, RECOVER, 2 FULL TURN TRAVELING FORWARD, WALK FORWARD

1-2 Right foot rock backward, left foot recover weight on left foot
3-4 On left foot ½ turn to the left, right foot step backward, on right foot ½ turn to left, left foot step forward
5-6 On left foot ½ turn to the left, right foot step backward, on right foot ½ turn to left, left foot step forward
7-8 Right foot step forward, left foot step forward

REPEAT
