

Meomio

COPPER KNOB
BY STEPHEN

拍數: 42 牆數: 4 級數: Intermediate
編舞者: Brenda Nuttall (UK)
音樂: Jambalaya - Van Morrison & Linda Gail Lewis



RIGHT SHUFFLE, ½ TURN RIGHT, LEFT SHUFFLE, FULL TURN

1&2 Shuffle forward right, left, right
& Keeping weight on right, hitch left and pivot ½ turn right
3&4 Shuffle forward left, right, left
& Keeping weight on left pivot full turn left

Easy option: hold for the final & count

SIDE SWITCHES, MODIFIED MONTEREY

5&6 Touch right toe to side, replace right next to right and switch left toe to side
&7&8 Replace left next to right and point right to side, replace right next to left and at same time turn ½ right taking weight onto right, touch left toe to side

TWIST ROCK AND KICK FLICK (TWICE), ROCK ½ TURN STEP PIVOT HALF TURN

&1& Step left next to right, step right in front of left while twisting heels right & left
2& Kick right foot forward twice
3& Step right in front of left while twisting heels right & left
4& Kick right foot forward twice
5-8 Rock forward on right, recover weight on left, keeping weight on left pivot ½ turn right, step forward on left and pivot ½ turn right

STEP ¼ PIVOT, ¼ PIVOT, JUMP, JUMP

1-3 Step forward right, step forward left while turning a ¼ right, pivot a ¼ turn right bringing both feet together
&4 Small jump back with feet together. Small jump back with feet together

Easy option: &4 walks back right, left

SIDE AND BACK SWITCHES WITH CLAPS

5&6& Point right toe to side, clap, step right next to left and point left toe to side, clap
7&8& Touch right heel forward, clap, step right foot next to left, point left toe back and pivot half a turn left jumping on right while kicking left toe forward and clapping

WEAVE RIGHT, QUARTER TURN RIGHT (TWICE), EXTENDED WEAVE RIGHT

1-4 Step weight onto left, step right to side, step left behind right, step right forward a ¼ turn right
5-6 Step forward on left and pivot a ¼ right keeping weight on right
7-8 Cross left in front of right, step right to side,

¾ PIVOT RIGHT WITH RONDE, TOUCH, LUNGE OUT LEFT AND RECOVER

1-2 Step left behind right, step right a quarter turn right
3-4 Keeping weight on right pivot ¾ turn right while sweeping left leg around, touch left next to right keeping weight on right)
5-6 Lunge left leg and body to left side and recover to original standing position

Note: while lunging left hold both arms to left and pull as if pulling on a rope

MODIFIED RUNNING MEN (TWICE), ¼ TURNING RUNNING MAN, STOMP & FLICK

1& Jump left forward diagonally and right back diagonally, bring left to place hitching right
2& Jump right forward diagonally and left back diagonally, bring right to place hitching left
3& Jump left forward while turning ¼ left, bring left to place hitching right

4& Stomp right next to left, take weight onto left while flicking right hand in air
Easy option: 1-3& can be replaced with heel switches

REPEAT
