

Midnight Rambler

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 0 級數:
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: Help Me Make It Through the Night - John Holt



LEFT FORWARD MAMBO, RIGHT SIDE & BACK ROCK & RECOVER, RIGHT BEHIND, ¼ LEFT & LEFT FORWARD, RIGHT FORWARD, LEFT SCISSOR STEP

1&2 Rock left forward, recover weight on right, step left together
3& Rock right back, recover weight on left
4& Rock right side, recover weight on left
5&6 Cross step right behind left, turning ¼ left step left forward, step right forward
7&8 Step left to left side, step right together, cross step left over right

TOE STRUT BOX TURNING ¾ LEFT, LEFT & RIGHT SYNCOPATED ROCK & RECOVER

1& Touch right toes to right side, step right heel down
2& Turning ¼ left touch left toes to left side, step left heel down
3& Turning ¼ left touch right toes to right side, step right heel down
4& Turning ¼ left touch left toes to left side, step left heel down
5&6 Cross rock right over left, recover weight on left, step right together
7&8 Cross rock left over right, recover weight on right, step left together

RIGHT FORWARD ROCK & RECOVER TURNING ½ RIGHT, LEFT FORWARD SHUFFLE, RIGHT & LEFT SIDE ROCK, RECOVER & CROSS STEP BEHIND (TRAVELING BACK)

1&2 Rock right forward, recover weight on left turning ½ right, step right forward
3&4 Step left forward, step right together, step left forward
5&6 Rock right foot to right side, recover weight on left, cross step right behind left
7&8 Rock left foot to left side, recover weight on right, cross step left behind right

Counts 5-8 will travel backwards

RIGHT TO RIGHT SIDE, LEFT TOUCH TOGETHER, ¼ LEFT & LEFT FORWARD, ¼ LEFT & RIGHT TO RIGHT SIDE, LEFT TOUCH TOGETHER, LEFT HEEL BALL CROSS, ¼ RIGHT COASTER STEP, RIGHT FORWARD

1&2 Step right to right side, touch left together, turning ¼ left step left forward
3&4 Turning ¼ left step right to right side, touch left together, touch left heel forward on left diagonal
&5 Step left back, cross step right over left
6&7 Turning ¼ right step left back, step right together, step left forward
8 Step right forward

REPEAT