

Modern Light

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Evelyn Richter (AUT)
音樂: If Ya Gettin' Down - Five



4 STEPS FORWARD WITH ARMS MOVING UP, 4 STEPS BACK WITH ARMS MOVING DOWN

1-4 Steps forward starting with the right foot (right, left, right, left)

Styling: arms are moving diagonally up with the feet (right, left, right, left) fingers are changing between making a fist being completely straightened

5-8 Steps back starting with the right foot (right, left, right, left)

The arms are moving diagonally down with the feet (right, left, right, left) and the fingers are changing between making a fist and being completely straightened

STEP TOUCH, STEP TOUCH, FULL TURN RIGHT, TOUCH LEFT

1 Step in place with the right foot

2 Touch the left toes to the left side and clap with the hands on the right side

3 Step in place with the left foot

4 Touch the right toes to the right side and clap with the hands on the left side

5-7 Make a full turn with 3 steps to the right side

8 Touch left toes in place making a sit-position with the palms showing to the floor

STEP TOUCH, STEP TOUCH, FULL TURN LEFT, TOUCH RIGHT

1 Step in place with the left foot

2 Touch the right toes to the right side and clap with the hands on the left side

3 Step in place with the right foot

4 Touch the left toes to the left side and clap with the hands on the right side

5-7 Make a full turn with 3 steps to the left side

8 Touch right toes in place making a sit-position with the palms showing to the floor

STEP RIGHT FORWARD, STEP LEFT FORWARD, JUMP BACK, HOLD, FULL TURN

1-2 Two small steps forward (right, left)

&3 Small jump back (with the right foot, 3 with the left foot)

4 Hold

5-8 Make 1 ¼ turn in place with 4 steps (right, left, right, left) moving your shoulders up and down while palms are showing to the floor

Option: cross right in front of left on count 5 and unwind during 6, 7, 8; the weight is at the left foot at the end

REPEAT