

Move It To The Fast Lane

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: Country Roads - Hermes House Band



STEP FORWARD RIGHT, LEFT, ½ PIVOT LEFT & STEP RIGHT FORWARD, LEFT ROCK & RECOVER, LEFT COASTER STEP

1-2 Step right foot forward, step left foot forward
3&4 Step right foot forward, ½ turn left, step right foot forward
5-6 Rock left foot forward, recover weight on right
7&8 Step left foot back, step right foot together, step left foot forward

HEEL SWITCHES RIGHT & LEFT, CROSS RIGHT OVER LEFT, TOUCH LEFT, CROSS LEFT OVER RIGHT, ½ LEFT TURN LEFT SIDE SHUFFLE

1&2& Touch right heel forward, step right foot together, touch left heel forward, step left foot together
3-4 Cross step right foot over left, touch left toes to left side
5-6 Cross step left foot over right, step right to right side
7&8 Turning ½ left, step left foot to left side, step right foot together, step left foot to left side

ROCK SIDE RIGHT & RECOVER, CROSS RIGHT, ROCK SIDE LEFT & RECOVER, CROSS LEFT, RIGHT KICK STEP APART APPLEJACK

1&2 Rock right foot to right side, recover weight on left foot, cross step right foot over left
3&4 Rock left foot to left side, recover weight on right foot, cross step left foot over right
5&6 Kick right foot forward, step right foot apart, step left foot apart
& With weight on ball of right foot and heel of left foot, turn right heel in and left toes out (both the heel and the toes are raised off ground level)
7 Transfer weight to both feet
& With weight on ball of left foot and heel of right foot, turn left heel in and right toes out (both the heel and toes are raised off ground level)
8 Bring both feet back to center weight on left foot

Instead of the apple-jacks you can swivel heels right, left, right, center or you can lift both heels together up, down, up, down

RIGHT SIDE SHUFFLE, ½ PIVOT RIGHT, ¼ RIGHT, RIGHT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER

1&2 Step right foot to right side, step left foot together, step right foot to right side
3-4 Step left foot forward, pivot ½ right
5&6 Turning ¼ right step left foot to left side, step right foot together, step left foot to left side
7-8 Rock right foot back, recover weight on left

REPEAT

TAG

When using the Country Roads track, after completing wall 5 there is a 2 count hold and start again.