

My Cavan Girl

COPPER **NOB**
BY STEPHEN BATES

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: John Wilson (UK)
音樂: My Cavan Girl - Dominic Kirwan



TOUCH SWEEP STEP, SWEEP BEHIND SIDE CROSS, SWAY SWAY, SWEEP BEHIND SIDE CROSS

1&2 Touch right toe to front, sweep right leg behind left, step right foot behind left
&3&4 Sweep left leg behind right, step left foot behind right, step right foot to side, cross left foot across right
5-6 Sway hips to the right, sway hips to the left
&7&8 Sweep right leg behind left, step right foot behind left, step left foot to side, cross right foot over left

ROCK AND CROSS, ¾ TURN LEFT, BACK AND CROSS TWICE

1&2 Rock left foot to side, recover weight on right, cross left foot over right
3&4 Make ¾ turn left stepping right left right
5&6 Step back on left, step back on right, cross left foot over right
7&8 Step back on right, step back on left, cross right foot over left

FORWARD AND BACK, BACK AND FORWARD, PIVOT ½ TURN, STEP STEP LOCK STEP

1&2 Rock forward on left, recover weight on right, step back on left
3&4 Rock back on right, recover weight on left, step forward on right
5&6 Step forward on left, on ball of feet pivot ½ turn right, step forward on left
7&8 Step right forward, lock left foot behind right, step forward on right

LEFT ROCK ¼ TURN, CROSS, HINGE ½ TURN, STEP, ROCK ½ TURN, ½ TURN, TOE, CURTSEY

1&2 Rock out on left making ¼ turn right, recover weight on right, cross left over right
3&4 Step out on right making a hinge ½ turn left, step left beside right, step forward on right
5&6 Rock back on left, recover weight on right. Step forward on left making a ½ turn right
7&8 Step back on right foot making a ½ turn right, step forward on left, touch right toe behind left as you bend knees and curtsey

REPEAT

TAG

Danced at the end of walls 2 and 4

½ TURN PIVOT STEP TWICE, STEP DRAG, STEP TOUCH CURTSEY

1&2 Step forward on right, ½ turn left pivot, step forward on right
3&4 Step forward on left, ½ turn right pivot, step forward on left
5-6 Step right foot out long to side, drag left toe beside right
7-8 Step left foot out long to side, touch right toe behind left as you bend knees and curtsey

Dedicated to Parkinsons research. Dancers are invited to make a donation to research at 215 Vauxhall Bridge Road, London, Swiv 1EJ. Cheques payable to Parkinsons Disease Society (Research). Or make a donation to your nearest local Parkinsons support group.