

My Days Are Numbered

COPPER KNOB
BY STEPHENETS

拍數: 84 牆數: 2 級數: Improver polka
編舞者: Heidi Schweizer (CH)
音樂: My Days Are Numbered - Mike Blakely



ROCK ON, RECOVER, ¼ TURN TRIPLE STEP, STEP TURN TOUCH, SHUFFLE

- 1 Step right forward
- 2 Recover on left foot
- 3&4 Step right ¼ to the right, step left next to right, step right in place
- 5 Step left forward
- 6 Pivot ½ turn on left foot, touch right toe in front of left foot
- 7&8 Shuffle forward right, left, right (facing left wall)

ROCK ON, RECOVER, ¼ TURN TRIPLE STEP, STEP TURN TOUCH, SHUFFLE

- 1 Step left forward
- 2 Recover on right foot
- 3&4 Step left ¼ to the left, step right next to left, step left in place
- 5 Step right forward
- 6 Pivot ½ turn on right foot, touch left toe in front of right foot
- 7&8 Shuffle forward left, right, left (facing front wall)

STEP, STEP, STEP, STEP, SHUFFLE BACK, SHUFFLE BACK

- 1-4 Step forward right, left, right, left, (click your fingers beside right hip, left hip, right shoulder, left shoulder)
- 5&6 Shuffle back right, left, right (slightly diagonal)
- 7&8 Shuffle back left, right, left (slightly diagonal)

STEP, STEP, STEP ½ TURN, SHUFFLE FORWARD, SHUFFLE FORWARD

- 1-2 Step forward right, left
- 3-4 Step forward right, pivot ½ turn left
- 5&6 Shuffle forward right, left, right
- 7&8 Shuffle forward left, right, left (facing back wall)

RIGHT ½ TURNING VINE, SCUFF, LEFT VINE, SCUFF

- 1-4 Step right to the side, cross left behind, step right ¼ turn right, scuff left ending up the ½ turn
- 5-8 Step left to the side, cross right behind, step left to the side, scuff right (facing front wall)

Steps 5-8 can be danced as a full turn

RIGHT ½ TURNING VINE, SCUFF, LEFT VINE, SCUFF

- 1-4 Step right to the side, cross left behind, step right ¼ turn right, scuff left ending up the ½ turn
- 5-8 Step left to the side, cross right behind, step left to the side, scuff right (facing back wall)

Steps 5-8 can be danced as a full turn

HEEL SWITCHES, STOMP AND CLAP HANDS

- 1&2&3-4 Touch right heel forward, step in place, touch left heel forward, step in place, touch right heel forward, stomp in place and clap hands
- 5&6&7-8 Touch left heel forward, step in place, touch right heel forward, step in place, touch left heel forward, stomp in place and clap hands

SIDE STEPS, ½ TURNING VINE

- 1&2&3-4 Small step right to the side, step left in place, small step to the side, step left in place, small step to the right, cross left in front of right

5-8 Step right to the side, cross left behind, step $\frac{1}{4}$ turn right, step left next to right ending up the $\frac{1}{2}$ turn (facing front wall)

HEEL SWITCHES, STOMP AND CLAP HANDS

1&2&3-4 Touch right heel forward, step in place, touch left heel forward, step in place, touch right heel forward, stomp in place and clap hands

5&6&7-8 Touch left heel forward, step in place, touch right heel forward, step in place, touch left heel forward, stomp in place and clap hands

SIDE STEPS, $\frac{1}{2}$ TURNING VINE

1&2&3-4 Small step right to the side, step left in place, small step to the side, step left in place, small step to the right, cross left in front of right

5-8 Step right to the side, cross left behind, step $\frac{1}{4}$ turn right, step left next to right ending up the $\frac{1}{2}$ turn (facing back wall)

JAZZ BOX

1-4 Cross right before left, step back left, right step to the side, left step forward

REPEAT

RESTART

You complete the dance twice, after the second time you dance twice till count 32 (instrumental part) you complete the dance again, then you dance twice till count 48
