

My Life's Mission

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Terry Mchugh (UK)
音樂: On a Mission - Trick Pony



DWIGHT: TO RIGHT, SCUFF RIGHT, LEFT WEAVE

- 1 Swivel left heel to right, touching right toe to left instep
- 2 Swivel left toe to right side, touching right heel diagonally right
- 3 Swivel left heel to right, touching right toe to left instep
- 4 Scuff right heel forward & in front of left foot
- 5-6 Step right across left step left to left side
- 7-8 Step right behind left step left to left side

HEEL JACKS LEFT & RIGHT, CROSS STEP & HOLD. HEEL JACKS RIGHT & LEFT, CROSS STEP & HOLD

- 1&2 Touch left heel diagonally forward, step left beside right touch right heel diagonally forward
- &3-4 Step right beside left, cross left over right & hold for one count
- 5&6 Touch right heel diagonally forward, step right beside left, touch left heel diagonally forward
- &7-8 Step left beside right cross right over left hold for one count

ROCKING CHAIR, SCUFF & POINT RIGHT TO RIGHT SIDE, HITCH RIGHT KNEE, ¼ TURN LEFT ON LEFT

- 1-2 Rock forward on left, rock back on right
- 3-4 Rock back on left rock forward on right
- 5-6 Rock forward on left, scuff right diagonally forward (across body)
- 7-8 Point right toe to right side, hitch right knee, turn ¼ left on left foot

RIGHT SHUFFLE FORWARD. LEFT SHUFFLE FORWARD, JAZZ BOX WITH ¼ TURN LEFT

- 1&2 Shuffle forward right, left, right
- 3&4 Shuffle forward left, right, left
- 5-6 Cross right over left, step back on left with ¼ turn left
- 7-8 Step right beside left step left in place

THREE HEEL JACKS RIGHT, LEFT, RIGHT & CLAP, THREE HEEL JACKS LEFT, RIGHT, LEFT, & CLAP

- 1&2 Touch right heel diagonally forward, step right beside left touch left heel diagonally forward
- &3-4 Step left beside right, touch right heel diagonally forward & clap
- &5&6 Step right beside left, touch left heel diagonally forward, step left beside right touch right diagonally forward
- &7-8 Step right beside left, touch left diagonally forward & clap

HIP BUMPS

- &1-2 Step left beside right, step forward on right & bump right hip forward, bump left hip back
- 3-4 Bump right hip forward, bump left hip back
- 5-6 Step forward on left bump left hip forward, bump right hip back
- 7-8 Bump left hip forward, bump right hip back

ROCK BACK & FORWARD, FULL TURN RIGHT, TWO SHUFFLES FORWARD

- 1-2 Rock back on left, rock forward on right
- 3-4 Step forward on left with ½ turn right. Step back on right with ½ turn right
- 5&6 Shuffle forward left, right, left
- 7&8 Shuffle forward right, left, right

SIDE TOE POINTS RIGHT, LEFT, RIGHT. (TRAVELING BACK).JAZZ BOX WITH ¼ TURN LEFT

1&2 Point right toe to right side, step right beside left, point left toe to left side

&3-4 Step left beside right, point right toe to right side, hold for one count

5-6 Cross right over left, step back on left with ¼ turn left

7-8 Step right beside left, step left in place

REPEAT
