

My, My, My

COPPERKNOB
BY STEPHEN HETS

拍數: 48
編舞者: Scott Schrank (USA)
音樂: My My My - Rob Thomas

牆數: 2

級數: Intermediate/Advanced waltz



CROSS DIAGONAL STEP, CROSS DIAGONAL STEP

- 1-2-3 Cross the right foot over left, step left back on right diagonal, step right foot next to left
4-5-6 Cross the left foot over the right, step right back on left diagonal, step left next to right

TWINKLE LEFT, TWINKLE RIGHT

- 1-2-3 Cross the right foot over left, step left ball left while turning slightly right, step the right foot right turning slightly to the right
4-5-6 Cross the left foot over right, step the right ball right while turning slightly left, step the left foot forward squaring back to starting wall

FULL TURN RIGHT, ¼ TURN LEFT

- 1-2-3 Step right foot forward starting ½ turn right on ball of right, make ½ turn right on ball of left, step out on right foot
4-5-6 Step left foot slightly forward, bring right ball next to left while turning ¼ turn left, step left foot left

CROSS, KICK, SAILOR STEP

- 1-2-3 Cross right foot over left, kick left foot out to left (take two counts)
4-5-6 Step left foot behind right, step right next to left, step left foot left

WEAVE LEFT, STEP, SLIDE, TOUCH

- 1-2-3 Step right foot behind left, step left foot left, step right foot over left
4-5-6 Step left foot long to left, slide right toe next to left foot, hold

FULL TURN RIGHT, ½ TURN LEFT

- 1-2-3 Step right foot ¼ turn right, make ½ turn right on ball of right stepping back on left, make ¼ turn right on ball of left (weight the right next to left)
4-5-6 Step left foot slightly forward, step and pivot ½ turn left on ball of right, step left forward

CROSS, UNWIND, SPIRAL TURN SWEEP

- 1-2-3 Cross right foot over left, over two counts make 1/2 turn on balls of both feet left (prep for ¾-turn right)
4-5-6 Pushing off with the right foot, spin slightly more than ¾ turn on the left ball while keeping the right leg out to the side you will be facing the right diagonal

Since this is a slow controlled spin, stylize by touching the right knee with the right hand

BALANCE STEP BACK, BALANCE STEP FORWARD

- 1-2-3 On the same diagonal-step right foot back, step left foot next to right, step right in place
4-5-6 Step left foot forward, step right next to left, step left foot slightly back

REPEAT