

Myself

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Karen Hedges (USA)
音樂: Cinderella - Kidz Bop



STEP, SCUFF HITCH ROCK AND CROSS ¼ LEFT, ½ LEFT, COASTER STEP

1-2 Step forward left, scruff hitch right
3&4 Rock side right, recover left, cross right over left
5-6 Step ¼ turn left, step forward right ½ turn left
7&8 Step back left together with right, step forward left

POINT CROSS, POINT CROSS, STEP ¼ TURN, BOUNCE ¼ TURN HITCH

9-10 Point right side right, cross right over left
11-12 Point left side left, cross left over right
13-14 Step forward right, ¼ turn left
15&16 On balls of both feet bounce ¼ turn left cross hitch left over right

MODIFIED SAILOR STEPS, WALK, TOUCH

17-18& Step left heel side left, step right behind left, step left
19-20& Step right heel side right, step left behind right, step right
21-22 Step left forward, step right forward
23-24 Step left forward, touch right beside left

STEP, TURN, KICK AND POINT, TURN, TURN, COASTER STEP

25-26 Step forward right, ½ turn left shift weight to left
27&28 Kick right forward step on ball of right, point left to side left
29-30 Step left ¼ turn left, ½ turn right stepping back right
31&32 Step back left bring right to meet, step forward left

STEP, ½ LEFT HITCH, LOCK STEP, POINT, POINT, SHOULDER BUMPS ¼ CROSS HITCH

34-35 Step forward right, ½ turn left hitch left over right
35&36 Step forward left lock right behind left, step forward left
37&38 Point right to side right bring right to meet left, point left to side left
39&40 Drop right shoulder, drop left shoulder, drop right shoulder leaving weight on right ¼ turn left cross hitch left over right

REPEAT
