

Nitty Gritty

COPPER **KNOB**
BY STEPHENETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Irene Groundwater (CAN)
音樂: Nitty Gritty - Southern Culture On the Skids



Choreographed especially for the Vancouver Vibrations Event, May 20, 2005. Special Thanks to Debbie Diachuk who added her support and dance expertise in the demo of this dance with me at the event

FORWARD, BACK, FORWARD, SCUFF, FORWARD, BACK, FORWARD, SCUFF

1-2 Rock forward on right raising left heel, rock back on left raising right ball
3-4 Rock forward on right raising left heel, scuff left heel forward past right instep
5-6 Rock forward on left raising right heel, rock back on right raising left ball
7-8 Rock forward on left raising right heel, scuff right heel forward past left instep

There should be a rocking sensation on counts 1-3 and counts 5-7

RIGHT MILITARY TURN, DIAGONAL FORWARD, LOCK, DIAGONAL FORWARD, ½ TURN RIGHT, ½ TURN RIGHT, ½ TURN RIGHT, TOUCH

1-2 Right forward, pivot ½ turn left onto left
3&4 Right diagonal forward, lock left behind right, right diagonal forward
5 Pivot ½ turn right on right ball as left steps back
6 Pivot ½ turn right on left ball as right steps forward
7 Pivot ½ turn right on right ball as left steps back
8 Touch right ball beside left instep (body should be facing front)

Option:

3&4 Right diagonal forward shuffle
5 Left forward
6 Right forward

FORWARD, 2 CLAPS, SIDE, 2 CLAPS, OUT, OUT, IN, IN, OUT, OUT, IN, IN

1&2 Right forward, clap hands twice to the right (shoulder high)
3&4 Side step left, clap hands twice to the left (shoulder high)
5&6& Side step right, side step left, step right to the left, step left beside right
7&8& Side step right, side step left, step right to the left, step left beside right

Counts 5-8& will travel slightly back

Option:

5 Extend arms out
6 Bring arms in front of body
7 Extend arms out
8 Bring arms in front of body

DIAGONAL BACK, LOCK, DIAGONAL BACK, SIDE, ½ TURN LEFT, HIP LIFTS

1&2 Right diagonal back, lock left across right, right diagonal back
3-4 Side step left, pivot ½ turn left on left ball and touch right ball to right side
5 With weight on both feet lift right hip to right
6 With weight on both feet lift left hip to left
7 With weight on both feet lift right hip to right
8 With weight on both feet lift left hip to left (weight ends on left)

On counts 5 and 7, snap fingers to the right. On counts 6 and 8, snap fingers to the left. On counts 5-8, make circular movements with the hips

REPEAT

RESTART

Restart after count 16 of wall 6

ENDING

To end facing front, cross right over left, unwind $\frac{1}{2}$ turn left and pose
