

Ocean Motion

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: improver
編舞者: Robert Rice (USA)
音樂: When the Feeling Comes Around - Jennifer Warnes



Sequence: AA BB AA BB A BBBB A BBB

PART A

WALK FORWARD, ROCK FORWARD, ¼ TURN L, ROCK SIDE

1-2-3-4 Walk forward right, hold, left, hold
5-6 Rock right forward, recover left turning ¼ turn left
7-8 Rock right to right side, recover left

CROSS SHUFFLE, SIDE, CROSS, ROCK, CROSS SHUFFLE

1&2 Right crosses over left, left steps to left side, right crosses over left
3-4 Left foot steps left side, right crosses over left
5-6 Rock left to left side, recover right
7&8 Left crosses over right, right steps to right side, left crosses over right

ROCKS & 1/4TURNING SAILOR SHUFFLES

1-2 Rock right to right side, recover left
3&4 Sailor shuffle (right crosses behind left, recover left, right steps right) turning ¼ turn right
5-6 Left rocks forward, recover right
7&8 Sailor shuffle (left crosses behind right, recover right, left steps left) turning ¼ turn left

STEP, PIVOT, SHUFFLE, STOMP, HOLD

1-2 Step right forward, pivot left ½ turn, weight ending on left
3&4 Shuffle forward right-left-right
5 Stomp left (weight on left)
6-7-8 Hold

PART B

HIP CIRCLES, SKATE, TOGETHER, STEP, HOLD

1-4 Hips circle to the right slowly (arms and hips circle together, hands palms down, waist high)
5-8 Repeat 1-4
9-12 Right skate, left together, right step side, hold (arms scoop right on right skate)
13-16 Left skate, right together, left step side, hold (arms scoop left on left skate)

Last Update: 24 Nov 2023