

OK Now

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lee Fowler (UK)
音樂: O.K. - Big Brovaz



Start 16 counts after first piano beat, on the word 'OK' of the main lyrics, with legs shoulder width apart with the weight on the left leg

HEEL, TOE, POINT RIGHT & POINT LEFT, RIGHT SIDE SHUFFLE

1-2 Touch right heel forward, then replace back next to left foot
3-4 Touch left toe back, then replace left next to right foot
5&6 Point right toe to right side, replace right next to left, then point left toe to left side
&7&8 Replace left next to right foot, the side shuffle to the right (right, left, right,)

CROSS ROCK, ¼ TURN TO LEFT, FULL TURN, RIGHT ROCK, SHUFFLE BACK

1-2 Cross rock right over left, then replace weight back onto right leg
3 ¼ turn left placing left foot forward (facing 9 o' clock wall)
& ½ turn left stepping back onto right
4 ½ turn left stepping forward onto left foot
5-6 Rock forward onto the right foot, recover onto left
7&8 Right shuffle backwards (right, left, right)

LEFT ROCK & CROSS, RIGHT ROCK & CROSS, BOUNCE TWICE, RIGHT COASTER STEP

1&2 Rock left to left side, recover onto right, cross left over right
3&4 Rock right to right side, recover onto left, cross right over left
5-6 Bounce heels twice while turning ¼ turn left
7&8 Step right back, left together, right forward

POINT HITCH POINT, LEFT SHUFFLE FORWARD, POINT HITCH POINT, STEP ¼ TURN LEFT

1&2 Point left to left side, hitch left knee, point left to left side again
3&4 Left shuffle forward (right, left, right)
5&6 Point right to right side, hitch right knee, point right to right side again
7-8 Step forward onto right, turn ¼ to left

REPEAT
