

One Of The Guys

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver hustle
編舞者: Teri Rogers (USA)
音樂: One of the Guys - Kellie Pickler



RIGHT SIDE KICK, RIGHT SAILOR STEP, LEFT SIDE KICK, LEFT SAILOR STEP

1-4 Kick right foot to right side, step right behind left, step left to left side, step right foot to right side
5-8 Kick left foot to left side, step left behind right, step right to right side, step left to left side

TOE STRUT TWICE, KICK-BALL-CHANGE, STEP FORWARD, TURN ½ LEFT

1-2 Right toe forward, snap right heel down
3-4 Left toe forward, snap left heel down
5&6 Kick right foot forward, step in place on ball of right foot, step left in place
7-8 Step forward on right foot, pivot ½ left on balls of both feet

SHUFFLE FORWARD, ROCK FORWARD AND BACK SHUFFLE BACK, ROCK BACK AND FORWARD

1&2 Shuffle forward right, left, right
3-4 Rock forward on left, rock back on right
5&6 Shuffle back left, right, left
7-5 Rock back on right, rock forward on left

FULL TURN RIGHT, TOUCH & CLAP, 1 ¼ LEFT, TOUCH & CLAP

1-4 Full turn right stepping right, left, right, touch left toe to right instep and clap
5-8 Turn 1 ¼ left stepping left, right, left, touch right toe to left instep and clap

Easier option: grapevine right, grapevine left with ¼ turn left

REPEAT
