

The One With...

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Gary Lafferty (UK)
音樂: I'll Be There for You - The Rembrandts



OUT-IN-OUT, BEHIND-SIDE-CROSS

- 1-4 Point right foot out to right side, touch right foot beside left, point right foot out to right side, hold
5-8 Cross-step right foot behind left, step to left on left foot, cross-step right foot over left, hold

OUT-IN-OUT, BEHIND-SIDE-CROSS

- 1-4 Point left foot out to left side, touch left foot beside right, point left foot out to left side, hold
5-8 Cross-step left foot behind right, step to right on right foot, cross-step left foot over right, hold

RIGHT MAMBO FORWARD, LEFT COASTER-CROSS

- 1-4 Rock forward on right foot, recover weight onto left foot, step back on right foot, hold
5-8 Step back on left foot, step on right foot beside left, cross-step left foot over right, hold

TURN, TURN, POINT, HITCH, SIDE-SHUFFLE

- 1-2 Turn ¼ left, stepping back onto right foot, turn ¼ left, stepping to left on left foot
3-4 Point right foot out to right side, hitch right knee, raising right foot off floor slightly
5-8 Step to right on right foot, step on left foot beside right, step to right on right foot, hold

ROCK BEHIND & SIDE, RIGHT COASTER ¼ TURN

- 1-4 Rock left foot behind right, recover weight onto right foot, large step to left on left foot, hold
5-8 Turn ¼ right stepping back onto right foot, step on left foot beside right, step forward on right foot, hold

STEP, CLAP, STEP, CLAP, STEP, ¼ TURN, CROSS, HOLD

- 1-4 Step forward on left foot, hold / clap hands, step forward on right foot, hold / clap hands
5-8 Step forward on left foot, pivot ¼ turn to right, cross-step left foot over right, hold

GRAPEVINE TO RIGHT WITH BRUSH, CROSS-ROCK, RECOVER, ¼ TURN, HOLD

- 1-4 Step to right on right foot, cross-step left behind right, step to right on right foot, brush left foot forward
5-6 Cross-rock left foot over right, recover weight onto left foot
7-8 Turn ¼ left, stepping forward onto left foot, hold

Restart from here on wall 2

TOE-STRUT JAZZ BOX, STEP, HOLD

- 1-2 Cross-touch right foot over left, lower right heel to floor
3-4 Touch left foot back, lower left heel to floor
5-6 Touch right foot out to right side, lower right heel to floor
7-8 Step on left foot beside right, hold

REPEAT

RESTART

On wall 2, leave off the last 8 counts and restart from count 1

Dedicated to Dot, Isa, Kirsty, Katie & all at the Kingdom Kickers who have become such good friends of mine since we first met at Coylumbridge. Their support has been fantastic, so this is just a small "thank you" to them

