

Pick Up The Pieces

COPPER **NOB**
BY STEPHEN HETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Mark Caley (UK) & Jan Caley (UK)
音樂: Pick Up the Pieces - Average White Band



Start 16 counts from start of track - no vocals

RIGHT KICK BALL TOUCH BACK, TWIST KICK ½ TURN LEFT, LEFT COASTER, RIGHT SHUFFLE

1&2 Right kick forward, step right in place, touch left toe back
3&4 Twist heels right, left, kick left foot forward (4) making ½ turn left (6:00)
5&6 Left coaster step left, right, left
7&8 Right shuffle forward right, left, right

ROCK RECOVER, COASTER, ROCK RECOVER, RIGHT ¼ TURN SIDE SHUFFLE

9-10 Rock forward on left, recover weight on to right
11&12 Left coaster step left, right, left
13-14 Rock forward on right, recover weight on to left
15&16 Make a ¼ turn right and chasse right, left, right (9:00)

Optional 1 ¼ right turn side shuffle

ROCK RECOVER, POINT, ROCK RECOVER, STEP SIDE, ROCK RECOVER, POINT, BEHIND, SIDE CROSS

17&18 Cross rock back left behind right, recover weight on right, point left toe out to left side
19&20 Cross rock left behind right, recover weight on right, step left to left side
21&22 Cross rock back right behind left, recover weight on left, point right toe out to right side
23&24 Right cross behind left, left step to side, cross right over left (9:00)

& STEP, CROSS, RECOVER, TRIPLE ¼ TURN RIGHT, ROCK, RECOVER, LEFT COASTER STEP

&25-26 Step left to side (&), cross rock right over left, recover weight to left
27&28 Turn ¼ right and shuffle forward right-left-right (12:00)

Optional right triple making 1 ¼ turn right towards 12:00

29-30 Rock forward on left, recover weight on to right
31&32 Left coaster step left, right, left (12:00)

RIGHT KICK BALL CROSS, RIGHT ROCK, RECOVER, BEHIND & CROSS SHUFFLE, LEFT ROCK, RECOVER CROSS

33&34 Right kick heel forward, step right back, cross left over right
35&36 Right rock out to side, recover weight on left, cross right behind left
&37&38 Left step to side (&), cross right over left, left step to side, cross right over left
39&40 Left rock out to side, recover weight to right, cross left over right (12:00)

RIGHT DIAGONAL ROCK RECOVER, BEHIND SIDE CROSS, LEFT DIAGONAL ROCK, RECOVER BEHIND, ¼ TURN, STEP

41-42 Right rock diagonally forward right, recover weight on left
43&44 Right cross behind left, left step to side, cross right over left
45-46 Left rock diagonally forward left, recover weight on right
47&48 Cross left behind right, make a ¼ turn right and step on right, step forward on left (3:00)

RIGHT KICK BALL STEP, HOLD & STEP, SWITCH RIGHT, LEFT, WALK FORWARD RIGHT, LEFT

49&50 Right kick heel forward, step right in place, step forward on left
51&52 Hold (51), right step beside left (&), step forward on left

Restart here on the 4th wall, you will be facing 12:00

53&54& Touch right heel forward, step right in place, touch left heel forward, step left in place
55-56 Walk forward right, left (3:00)

REPEAT

RESTART

On 4th wall dance after count 52 (12:00), start over at the beginning (i.e., miss out the last 4 counts on the 4th wall)
