

Pillow Talk

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Carole Daugherty (USA)
音樂: Super Sex World - One Ton



CROSS, POINT, CROSS-CHA-CHA, ¼ TURN SWAY, BEHIND-SIDE-POINT

- 1-2 Step left foot across right foot, point right toes to right side
- 3&4 Step right foot across left, step in place on ball of left, step down on right foot
- 5-6 Push off right foot turning ¼ left to step out on left foot, sway right taking weight
- &7-8 Step ball of left behind right foot, step right on right foot, touch left toes out left

PANAMA JACKS: STEP-POINT-WEIGHT-TUCK, STEP-POINT-SWITCH-POINT, WEIGHT-TUCK-STEP-POINT, STEP-BALL-KICK WITH ¼ RIGHT-TOE POINT

- &1&2 Step left foot behind right foot, touch right toes straight forward, draw right foot back taking weight, press toes of left foot into floor tucking left shin against right calf
- &3&4 Step left foot behind right, touch right toes straight forward, draw right foot back taking weight, touch left toes straight forward
- &5&6 Draw left foot back slightly taking weight, press toes of right into floor tucking right shin against left calf, step down on right foot, touch left toes straight forward
- &7&8 Draw left foot back taking weight, press toes of right foot into floor tucking right shin against left calf, turn ¼ right on right foot kicking left foot forward, hitch bending left knee to point toes at floor

Styling: these steps have a rhythm similar to heel jacks but Cuban styling, no bounce-more hip

WEAVE RIGHT: CROSS, SIDE, BEHIND-SIDE-TOUCH, ½ TURN LEFT, ¼ TO THE RIGHT SYNCOPATED ARC

- 1-2 Step left foot across right, step right on right foot
- 3&4 Step left foot behind right, step slightly right on right, touch left toes next toe right foot with bent knee
- 5 Turn sharply ½ left on ball of right foot
- 6&7&8 Traveling in a to the right arc: step left foot down over right, step right foot slightly right of left heel turning 1/8 left, step left foot across right, step right foot diagonally back turning 1/8 left, step left forward across right

STEP-LOCK-STEP, STEP, TRIPLE 360, ROCK-BALL-STEP, WALK, ¼ PIVOT

- 1&2 Step forward on right foot, lock left foot behind right, step forward on right
- 3-4 Prep forward on left foot, turn ½ right on right toes, turn ½ right on left toes w right toes touched slightly forward
- 5&6 Rock ball of right foot behind left, recover on left foot, step forward right on right foot
- 7-8 Step forward on left foot, turn ¼ right stepping on right foot

Option: step forward on left foot, spiral on ball of left foot 1 ¼ right landing on right foot

REPEAT