

Plank 'er Down

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gerard Murphy (CAN)
音樂: Haul Her Along - The Ennis Sisters



Begin dance with left foot slightly forward. The music is available at www.ennissisters.com or from Tidemark Music & Distribution Ltd, www.tidemark.ca, Telephone 1 (902) 425-4332

SAILOR STEP, BEHIND, BALL, CROSS, ROCK, RECOVER, SAILOR STEP ¼ TURN

1&2 Right sailor step back - right, left, right
3&4 Step left behind right, step ball of right to right, cross step left over right
5-6 Rock step right to right; recover onto left
7&8 Right sailor step back - right, left, right making a ¼ turn left

WALK BACK TWICE, COASTER STEP, STEP FORWARD, ½ TURN PIVOT, STEP FORWARD ½ TURN PIVOT

9-10 Walk back - left, right
11&12 Left coaster step back - left, right, left
13-14 Step right forward, pivot ½ turn left
15-16 Step right forward, pivot ½ turn left

KICK BALL CHANGE, KICK, STEP, TOUCH, KICK, BALL, CROSS, STEP LEFT TOGETHER

17&18 Right kick ball change - right, right, left
19&20 Kick right forward, step right next to left, touch left toes next to right
21&22 Kick left, step ball of left in place, cross step right over left
23-24 Step left wide step to left; step right next to left

WALK, WALK, SHUFFLE, ROCK, RECOVER, ½ TURN STEP, STEP FORWARD

25-26 Walk forward - left, right
27&28 Shuffle forward - left, right, left
29-30 Rock step forward on right; recover on ball of left
31 Pivot ½ turn right on ball of left and step right forward
32 Step left forward

REPEAT

TAG

With "Haul Her Along" only, the first time you hit the front wall, after 4 times through the dance

1-2 Step right forward crossing over left, hold
3-4 Step left forward crossing over right, hold
5-6 Step right forward crossing over left, hold
7-8 Step left forward crossing over right, hold

Snap your fingers on the hold counts if it helps you keep the beat!

Second time you hit the front wall, after another 4, do the same 8 counts as above and add

9&10 Shuffle on spot - right, left, right making ¼ turn left
11&12 Shuffle on spot - left, right, left making ½ turn left