

Polkaplay

COPPER KNOB
BY STEPHEN METZ

拍數: 64 牆數: 2 級數: Improver polka
編舞者: Forty Arroyo (USA) & The Hayloft Gang
音樂: Jambalaya - Led Loader & The Barrels



TRIPLE RIGHT, ROCK WITH ¼ RIGHT, STEP, TRIPLE BACK, STOMP & CLAP

1&2 Triple side right - right-left-right
3-4 Rock forward on left turning ¼ right, recover weight on right
5&6-7&8 Triple back left, right, left, stomp, clap, clap

KICK, HOOK, KICK, FLICK, KICK, HITCH, KICK, HITCH, TRIPLE, STEP LEFT WITH ¼ RIGHT, STOMP RIGHT NEXT TO LEFT

1&2& Kick right forward, hook right over left, kick right forward, flick right out to side
3&4& Kick right forward, hitch right, kick right forward, hitch right forward
Alternate:
1-4 Touch right forward, touch right to outside of left, touch right forward, touch right next to left

5&6 Triple forward right-left-right
7-8 Step left to side turning ¼ right, stomp right (no weight) (now at 6:00)

TRIPLE RIGHT, STEP, TOUCH & CLAP, STEP, TURN, STEP, FAN HEELS

1&2-3&4 Triple to right, right-left-right, step left to left turning ½ to right, sweep & touch right next to left (clap)
5&6-7&8 Step forward on right, pivot ½ left, stomp right slightly forward, fan heel out and in
Ending with weight on left, lifting right heel on 8 as you fan heels in. (6:00)

TRIPLES -TRAVELING TO THE RIGHT COMPLETING A FULL TURN RIGHT

1&2& Traveling to the right, triple slightly forward (at an angle) to right with a right, left, right while turning ¼ to right, brush left next to right (now at 9:00)
3&4& Repeat - end at 12:00
5&6& Repeat - end at 3:00
7&8 Repeat - end at 6:00 (completing a full right turn)

TOE SWITCHES -TOUCH RIGHT-LEFT-RIGHT, RIGHT IN & OUT - LEFT-RIGHT-LEFT LEFT IN & OUT

1&2 Touch right to right, step left next to right, touch left out to side
&3&4 Step left next to right, touch right - out, in, out
&5&6 Step right next to left, touch left out to side, step left next to right
&7&8 Touch right out to side, step right next to left, touch left - out, in, out

Easy option

1-4 Touch right out to side & hold, change weight, touch left out to side & hold
5-8 Repeat

2 TRIPLES FORWARD, VINE LEFT WITH ½ TURN RIGHT - REPEAT

1&2-3&4 Triple forward left-right-left, triple right-left-right turning (12:00)
5-8 Turning ½ to right - step left, step right behind left, step left, stomp right next to left (weight on right)

1&2-3&4 Triple forward left-right-left, triple right-left-right turning (6:00)
5-8 Turning ½ to right - step left, step right behind left, step left, stomp right next to left (weight on right)

CROSS, STEP, STEP, STOMP & SCUFF, & STOMP & SCUFF, & STOMP

- 1-3 Cross left over right, step back slightly on right, step left to left side
4&5& Stomp right next to left, step left in place, scuff right in place, step right in place
6&7 Stomp left next to right, step right in place, scuff left next to right
&8 Step left in place, stomp right next to left (weight on left)
alternate steps:
4-8 Do alternating toe touches (right & left & right & left & right)

REPEAT

For some real fun, try it contra style
