

Recipe For Love

COPPER KNOB
BY STEPHEN B. B. B.

拍數: 32 牆數: 4 級數: Improver
編舞者: Ruthie B (UK)
音樂: Recipe for Love - Harry Connick, Jr.



JAZZ BOX, TOE, HEEL, TOE, KICK

1-4 Cross right over left, step back on left, step right to right side, close left beside right
5-8 Tap right toe to instep, tap right heel to instep, tap right toe to instep, kick right to right diagonal

ON THE SPOT WEAVE, PIVOT ½ TURN

1-4 Step right behind left, step left to left, replace weight to right, step left behind right
5-8 Step right to right side, replace weight to left, step forward on right, pivot ½ turn left on left

¼ TURN CHASSE, ½ TURN CHASSE

1-3 Making ¼ turn left, step right to right, close left beside right, step right to right
4 Making ½ turn right
5-7 Step left to left side, close right beside left, step left to left side
8 Hold

Optional arm movements - take arm out to the side limp wrist! Or up if preferred looking towards the hand

CROSS ROCK SIDE, CROSS UNWIND, OUT OUT, IN IN, HIP PUSH

1-4 Cross right over left, replace weight to left, step right to right side, cross left over right
5 Unwind ½ turn right, weight ends on left
&6&7 Step out right, out left, step in right, step in left,
8 Push hips out bending knees, leaning slightly forward arms outstretched

Option of counts 8 if you don't want to do the hip push, simply raise heels of the floor while bending the knees and shrug shoulders at the same time!

REPEAT

TAG

At the end of the 4th repetition only you end on the hip push, facing front wall just do 4 bounces or knee pops or stand still for 4 counts then start again from the beginning