

Roly-Poly

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Jan Brookfield (UK)
音樂: Roly Poly - The Chicks



STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE

1-2 Step right diagonally forward to right corner, lock left behind right
3&4 Shuffle diagonally forward on right, left, right
5-6 Step left diagonally forward to left corner, lock right behind
7&8 Shuffle diagonally forward on left, right, left

HEEL SWITCHES, PENDULUM SWITCHES, KICK-BALL-STEP, PIVOT HALF TURN

9&10& Tap right heel forward, step on right in place, tap left heel forward, step on left in place
11&12& Point right toes out to side, step on right in place, point left toes out to side, step on left in place
13&14 Kick right forward, step back slightly on right, step left forward
15-16 Step right forward, pivot half turn to left (weight now on left)

STEP, CLAP, STEP, CLAP, FORWARD COASTER, TOE STRUTS BACK, COASTER BACK

17&18& Step right forward, clap hands, step left forward, clap hands
19&20 Step right forward, step on left next to right, step back right
21&22& Strut back on left toes then heel, strut back on right toes then heel
23&24 Step left back, step right next to left, step left forward

THREE QUARTER PADDLE TURN TO LEFT, STOMP TWICE, KICK-BALL-CHANGE

25& Step right toes to side, pushing hips out to right, transfer weight to left in place, making quarter turn to left
26& Repeat steps for 25&
27& Repeat steps for 25&
28& Repeat steps for 25& but this time without a turn
29-30 Stomp right, left in place
31&32 Kick right forward, step back slightly on right, step on left in place

REPEAT
