

Rough And Ready

COPPER KNOB
BY STEPHEN METZ

拍數: 62 牆數: 4 級數: Improver
編舞者: William Sevone (UK)
音樂: Tougher Than the Rest - Chris LeDoux



CROSS ROCK, STEP, SIDE STEP, ½ RIGHT SIDE STEP, CROSS STEP, SIDE STEP, CROSS ROCK, STEP

- 1-2 Cross rock left foot behind right, step onto right foot
3-4 Step left foot to left side, turn ½ right & step right foot to right side
5-6 Cross step left foot over right, step right foot to right side
7-8 Cross rock left foot behind right, step onto right foot, (6:00)

2X SIDE LUNGE-DRAG

- 9-12 (Swinging arms slightly to left) lunge left foot to left side, drag right foot next to left over 3 counts
13-16 (Swinging arms slightly to left) lunge left foot to left side, drag right foot next to left over 3 counts

¼ LEFT-TOE TOUCH, ½ RIGHT-TOE TOUCH, ¼ LEFT BACKWARD STEP, 3X STEP BACKWARD

- 17-18 Turn ¼ left & short step forward onto left foot, touch right toe next to left foot
19-20 Turn ½ right & short step forward onto right foot, touch left toe next to right foot
21 Turn ¼ left & step backward onto left foot
22-24 Step backward onto; right, left, right foot, (6:00)

Counts 21-24: even though the steps are 'flat footed' the weight is on the balls of the feet

2X STEP FORWARD-LOCKSTEP, CROSS ROCK, ROCK

- 25-26 Step forward onto left foot, lock right foot behind left
27-28 Step forward onto left foot, step forward onto right foot
29-30 Lock left foot behind right, step forward onto right foot
31-32 Cross rock left foot over right, rock onto left foot

¼ LEFT SIDE STEP, ¼ LEFT CROSS ROCK, ROCK, WEAVE, SIDE ROCK

- 33-34 Turn ¼ left & step left foot to left side, turn ¼ left & cross rock right foot over left
35-36 Rock onto left foot, step right foot to right side
37-38 Cross step left foot over right, step right foot to right side
39-40 Cross step left foot behind right, rock step right foot to right side, (12:00)

ROCK, 2X ½ RIGHT SIDE STEP, ¾ RIGHT STEP FORWARD, ½ RIGHT SWEEP, CROSS TOE TOUCH, SIDE TOE TOUCH

- 41-42 Rock step onto left foot, turn ½ right & step right foot to right side
43-44 Turn ½ right & step left foot to left side, turn ¾ right & step forward onto right foot
45-46 (Right knee bent slightly forward) sweep left foot around in half turn to the right - stepping onto left foot, (weight on left foot)

Counts 45-46: as you sweep around, gradually straighten up

- 47-48 Cross touch right toe behind left foot, touch right toe to right side, (3:00)

Option: counts 43-44: walk forward left, right

CROSS TOE TOUCH, ¼ RIGHT STEP FORWARD, SIDE STEP, ½ RIGHT SIDE STEP, DIPPING CROSS STEP, FLICK KICK, CROSS STEP, SIDE STEP

- 49-50 Cross touch right toe over left foot, turn ¼ right & step forward onto right foot
51-52 Step left foot to left side, turn ½ right & step right foot to right side
53 (Bending/dipping both knees) cross step left foot over right

54 (Straightening up) flick kick right foot to right side
55-56 Cross step right foot over left, step left foot to left side, (12:00)

CROSS STEP, SIDE STEP, CROSS TOE TOUCH, ¼ RIGHT STEP FORWARD, SIDE ROCK, ROCK

57-58 Cross step right foot behind left, step left foot to left side
59-60 Cross touch right toe over left foot, turn ¼ right & step forward onto right foot
61-62 Rock left foot to left side, rock onto right foot, (3:00)

REPEAT

DANCE FINISH

On 8th wall continue dance up to and including count 16 then do the following:

Turn upper body ¼ left with left hand on left hip and right hand on hat brim
