

Round And Round

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Improver
編舞者: Val Reeves (UK)
音樂: The Boys From Ballymore - Sham Rock



FULL WALK AROUND TO LEFT IN PLACE BODY DIP TOE POINT PENDULUM SWING TO LEFT POINT

1-4 March in place left, right, left, right
Optional: On counts 1-4, turn a full circle to the left
5-6 Bend knees, straighten knees
7&8 Right toe point to right, right step beside left, left toe point left

HEEL FORWARD HOLD AND SWITCH HOLD AND KNEE POPS CLAP

&1-2 Left step beside right, right heel tap forward, hold
&3-4 Right step beside left, left heel forward, hold
&7-8 Left step beside right, bend knees right, left, right (clap twice)

SIDE HOLD AND CHASSE AND STEP ROCK BACK AND FORWARD SIDE CHASSE

1-2 Right toe touch right side, take weight on right
&3&4 Left step beside right, right step right, left step beside right, right step right
5-6 Left rock behind right, right rock forward
7&8 Left step left, right step beside left, left step left

ROCK BACK AND FORWARD STEP ¼ PIVOT STEP ¼ PIVOT SCUFF TOUCH

1-2 Right rock behind left, left rock forward
3-4 Right step forward, turn ¼ left (weight to left)
5-6 Right step forward, turn ¼ left (weight to left)
7&8 Right scuff beside left, hitch right knee, touch right beside left

SIDE SHIMMIES TWICE TO RIGHT SIDE SHIMMIES TWICE TO LEFT

1-2 Right step right, shimmy upper body left and step beside right
3-4 Right step right, shimmy upper body left and touch beside right
5-6 Left step left, shimmy upper body and right step beside left
7-8 Left step left, shimmy upper body and right touch beside left

ROCK FORWARD AND BACK TRIPLE TURN ½ ROCK BACK AND FORWARD

1-4 Right rock forward, rock back on left, right rock back, rock forward on left
5&6 Triple step turning ½ turn left stepping right, left, right
7-8 Left rock back, right rock forward

ROCK FORWARD AND BACK BACK FORWARD TRIPLE TURN ½ ROCK BACK AND FORWARD

1-4 Left rock forward, right rock back, left rock back, right rock forward
5&6 Triple step turning ½ turn right stepping left, right, left
7-8 Right rock back, rock forward left

On last step begin to angle left ready for full turn

REPEAT