

S'easy

COPPER KNOB
BY SHEETS

拍數: 24 牆數: 4 級數: Beginner
編舞者: William Sevone (UK) - April 2001
音樂: Young Love - Twister Alley : (CD: Twister Alley)



Choreographers note:- Ideal for Beginners or as a general 'warm up' dance for all levels. And, if you know the words then enjoy a sing-a-long to it.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance start's after the 16 count intro on the word '..say..' . Feet slightly apart, weight on right foot.

*2x Cross-Side-Sailor (12:00).

- 1 - 2 Cross left over right. Step right to right side.
3& 4 (Turning body to left) Step left behind right, step right next to left, step left to left side.
5 - 6 Cross right foot over left. Step left to left side.
7& 8 (Turning body to right) Step right behind left, step left next to right, step right to right side.

Shuffle. Rock. 1/2 Right. 2x Heel Switches (6:00)

- 9& 10 Shuffle forward stepping: L.R-L
11 - 12 Rock forward onto right. Recover onto left.
13 - 14 Turn 1/2 right & step forward onto right. Touch left heel forward
&15 Step left next to right, Touch right heel forward
&16 Step right next to left. Touch left heel forward.

Toe Touch. Fwd. Shuffle. Rock. Recover. Back. 1/4 Side (9:00)

- 17 - 18 Touch left toe to the outside of right. Step forward onto left foot
19& 20 Shuffle forward stepping: R.L-R..
21 - 22 Rock forward onto left. Recover onto right.
22 - 24 Step backward onto left. Turn ¼ right & step right to right side.

Other suggested music:

- Lorrie Morgan - □□□Back in your arm's again□□(116 bpm)
Emilio - □□□□Even if I tried□□□□(116 bpm)
Billy Ray Cyrus - □□Ain't your dog no more□□□(120 bpm)
Aaron Tippin or Billy Swann - □I can help□□□□(120 bpm)
Regina Regina □-□□Right plan, wrong man□□□(120 bpm)
Dean Miller - □□□I feel bad□□□□(122 bpm)
Tanya Tucker - □□□Some kind of trouble□□□(120 bpm)
James House - □□□A real good way to wind up lonesome□(124 bpm)
Dan Seals - □□□Bop□□□□□(124 bpm)
Trisha Yearwood - □□XXX's and OOO's (an American girl)□(126 bpm)
Ricky Lynn Gregg - □□Three nickels and a dime□□(134 bpm)
Tanya Tucker - □□□It's a little too late□□□(142 bpm)

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