

Swedish Polka

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Stella Wilden (UK) & Linda Roberts (UK)
音樂: I Was Made For Lovin' You - Anastacia



KICK FORWARD, SIDE, SAILOR STEP, SHUFFLE FORWARD LEFT, SHUFFLE FORWARD RIGHT

1 Right kick forward
2 Right kick to right side
3 Step right back and diagonally left
&
4 Right step in place
5&6 Left, right, left shuffle forward
7&8 Right, left, right shuffle forward

KICK FORWARD, SIDE, SAILOR STEP. SHUFFLE BACK RIGHT, SHUFFLE BACK LEFT

1 Left kick forward
2 Left kick to left side
3 Step left back and diagonally right
&
4 Right step to right side
4 Left step in place
5&6 Right, left, right shuffle backward
7&8 Left, right, left shuffle backward

STEP FORWARD ½ TURN LEFT, ROCK RIGHT, RECOVER. SKIP BACK RIGHT, LEFT, RIGHT, LEFT

1 Step right forward
2 Left ½ turn to left ending with weight on left foot
3 Step right forward
4 Left replace weight onto left foot
&
5 Right step right foot back
&
6 Right skip back
6 Left step left foot back
&
7 Left skip back
7 Right step right foot back
&
8 Right skip back
8 Left step left foot back

RIGHT ROCK FORWARD RIGHT, REPLACE, SHUFFLE, RIGHT, LEFT, RIGHT. LEFT ROCK FORWARD LEFT, REPLACE, SHUFFLE FORWARD LEFT, RIGHT, LEFT

1 Right step forward on a diagonal
2 Left replace weight onto left foot
3&4 Right, left, right shuffle forward diagonally right.
5 Left step forward on a diagonal
6 Right replace weight onto right foot
7&8 Left, right, left shuffle forward diagonally left at the end pivot to face 6:00

REPEAT

VARIATIONS

On the 3rd section steps &5, &6, &7, &8 can be simplified to

5 Step right back

- 6 Step left back
- 7 Step right back
- 8 Step left back

Try turning the skips back a full turn over the beats of the above section.
Try doing Roger Rabbits back over the beats of the above section.
