

Switch It On

COPPERKNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Katy Quail
音樂: Switch It On (Radio Mix) - Will Young



BIG STEP RIGHT, SLIDE LEFT, LEFT OUT IN OUT, RIGHT BEHIND SIDE FRONT, LEFT ROCK AND TOUCH

1-2 Large step to right with right foot, slide left up to touch beside right
3&4 Point left foot, out, touch left beside right, step left to left side
5&6 Step right behind left, step left to left side, step right foot in front of left
7&8 Rock left foot to left side, recover weight on right, touch left beside right

CROSS LEFT, STEP RIGHT, LEFT CROSS SHUFFLE, SWAY RIGHT LEFT, RIGHT BEHIND SIDE IN FRONT

1-2 Cross left over right, step right foot to right side
3&4 Cross left over right, step right to right side, cross left over right
5-6 Sway hips to right, sway hips to left
7&8 Step right behind left, step left to left side, step right foot in front of left

MAMBO FORWARD LEFT, MAMBO BACK RIGHT, STEP LEFT ½ TURN STEP, STEP RIGHT ½ TURN TOUCH

1&2 Rock forward on left, recover weight on right, step left foot beside right
3&4 Rock back on right, recover weight on left, step right foot beside left
5&6 Step forward left, pivot ½ turn over right shoulder step left foot forward
7&8 Step forward right, pivot ½ turn left and touch right foot beside left

SKATE RIGHT LEFT, RIGHT SHUFFLE, SKATE LEFT RIGHT, LEFT SHUFFLE ¼ TURN

1-2 Skate right foot forward, skate left foot forward
3&4 Shuffle forward right, left, right
5-6 Skate left foot forward, skate right foot forward
7&8 Shuffle left, right left with a ¼ turn over left shoulder ** (tag on wall 3)

RIGHT CROSS BACK BACK, LEFT CROSS BACK BACK, ROCK RIGHT, LEFT, RIGHT SIDE SHUFFLE

1&2 Cross right over left, step back left, right
3&4 Cross left over right, step back right, left
5-6 Rock right to right side, recover weight onto left
7&8 Step right foot to right side, bring left beside right, step right foot to right side

LEFT ROCK AND STEP, RIGHT COASTER STEP, LEFT ROCK AND CROSS, RIGHT ROCK AND CROSS

1&2 Rock left foot behind right, recover weight on right and step left foot to left side
3&4 Step back right, step left beside right and step forward on right foot
5&6 Rock left foot to left side, recover weight on right and cross left over right
7&8 Rock right foot to right side, recover weight on left and cross right over left

LEFT STEP ½ TURN STEP, TRIPLE FULL TURN, LEFT MAMBO, RIGHT BACK LOCK BACK

1&2 Step forward left pivot ½ turn over right shoulder and step forward left
3&4 Turn ½ turn over left shoulder stepping back on right, turn ½ turn stepping forward on left, step forward right
5&6 Rock forward on left, recover weight onto right, step left beside right
7&8 Step back on right, lock left foot in front of right, step back right

ROCK BACK LEFT, LOCK FORWARD ON LEFT, ROCK FORWARD RIGHT, TURN & ½ OVER RIGHT SHOULDER

- 1-2 Rock back on left foot, recover weight onto right
3&4 Step forward on left foot, lock right foot behind left, step forward on left
5-6 Rock forward on right foot, recover weight onto left
7&8& ½ turn over right shoulder, step forward on right, ½ turn stepping back onto left, ½ turn stepping forward onto right, place weight on left

Easy option:

- 7&8& ½ turn shuffle over right shoulder, right, left right, place weight on left ready to start again

REPEAT

TAG

During wall 3 (3:00 wall) dance to the skate, left, right ¼ shuffle add tag then start the dance again facing front wall

- 1-2-3&4 Step right to right side, bring left beside right, rock right to right side and cross over left
5-6-7&8 Step left to left side, bring right beside left, rock left to left side and cross over right
1-2-3&4 Step forward right, step forward left, right mambo step forward
5-6-7&8 Step back left, step back right, left coaster step
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