

Tale Of Thoughts

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Double Trouble (CAN)
音樂: If You Could Read My Mind - Stars On 54



The choreographers are known collectively as "The Cookie Girls"

32-COUNT INTRO (DONE AT THE BEGINNING OF THE DANCE ONLY)

HEEL TAPS LEFT WITH LEFT ARM SWING, HEEL TAPS RIGHT WITH RIGHT ARM SWING

- 1-8 While tapping your left heel 8 times, move your left arm starting at the center of your body and swing it to the left
- 9-16 While tapping your right heel 8 times, move your right arm starting at the center of your body and swing it to the right

RIGHT AND LEFT ARM ARC TOGETHER

- 17-24 While standing arc both arms out from below your waist to hip level
No feet movement with this, other than you may bounce your knees

ROCK FORWARD AND BACK, FORWARD AND BACK

- 25-28 Rock onto right foot forward, step in place left, rock back onto right foot, step in place left
- 29-32 Rock onto right foot forward, step in place left, rock back onto right foot, step in place left

THE DANCE

CROSS SAILOR FRONT, CROSS SAILOR BACK, ½ VINE WITH A COASTER STEP

- 1&2 Step right foot over left, quickly step to the left on left foot, step right foot beside left
- 3&4 Step, left foot behind right, quickly step to the right on the right foot, step left foot beside right
- 5-6 Step right in front of left, step side left
- 7&8 Step right foot back, quickly step left foot beside right, step forward on right foot

CROSS SAILOR FRONT, CROSS SAILOR BACK, ½ VINE WITH A COASTER STEP

- 1&2 Step left foot over right, quickly step to the right on right foot, step left foot beside right
- 3&4 Step, right foot behind left, quickly step to the left on the left foot, step right foot beside left
- 5-6 Step left in front of right, step side right
- 7&8 Step left foot back, quickly step right foot beside left, step forward on left foot

SYNCOPATED CHASSE RIGHT, SYNCOPATED CHASSE LEFT

- 1-2 Step right to right side and hold
- 3&4 Step left foot next to right, quickly stepping right foot to right side, touch left foot beside right
- 5-6 Step left to left side and hold
- 7&8 Step right foot next to left, quickly stepping left foot to left side, touch right foot next to left

ROCK FORWARD RIGHT, ¾ TURN SHUFFLE TO RIGHT, ROCK FORWARD LEFT SHUFFLE IN PLACE

- 1-2 Rock forward onto right foot, step back onto left
- 3&4 Making a ¾ turn to your right shoulder shuffle right left right
- 5-6 Rock forward onto left foot, step back onto right
- 7&8 Shuffle in place left right left

RIGHT ½ VINE WITH SHUFFLE, LEFT ½ VINE SHUFFLE

- 1-2 Step right foot to right side, step left foot behind right
- 3&4 Shuffle in place right left right
- 5-6 Step left foot to left side, step right foot behind left
- 7&8 Shuffle in place left right left

ROCK FORWARD COASTER, ROCK FORWARD COASTER

- 1-2 Rock forward onto right foot, step back in place left
- 3&4 Step right foot back, quickly step left foot beside right, step forward on right foot
- 5-6 Rock forward onto left foot, step back in place right
- 7&8 Step left foot back, quickly step right foot beside left, step forward on left foot

REPEAT
