

10 Ton Digger

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Improver
編舞者: Lynda Blackwood (NZ) & Andrew Blackwood (NZ)
音樂: Life Begins At Forty - Dave & The Dynamos



TOE STRUTS TO THE RIGHT

1-2-3-4 Step right toe to right, snap right heel down, cross left toe over right, snap left heel down
5-6-7-8 Step right toe to right, snap right heel down, cross left toe over right, snap left heel down

HIP ROLL, TOE STRUTS BACK

1-2-3-4 Stepping right foot just to the right, roll hips right-left-right-left
5-6-7-8 Step right toe back, snap right heel down, step left toe back, snap left heel down

RIGHT HEEL HOOK, LEFT HEEL HOOK

1-2-3-4 Touch right heel forward, hook right foot in front of left knee, touch right heel forward, close right foot beside left
5-6-7-8 Touch left heel forward, hook left foot in front of right knee, touch left heel forward, close left foot beside right

TWO HEEL SPLITS, 2 X ¼ PADDLE TURN

1-2-3-4 Move heels apart, heels, together, heels apart, heels together
5-6-7-8 Step right forward, ¼ turn to left, step right forward, ¼ turn to left

WALK FORWARD, KICK & CLAP, WALK BACK, TOUCH & CLAP

1-2-3-4 Walk forward right, left, right, kick left forward and clap
5-6-7-8 Walk back right, left, right, touch left beside right and clap

2 X MONTEREY TURNS

1-2-3-4 Point right foot to right side, complete ½ turn on left foot, transferring weight to right, touch left foot to left, close left beside right
5-6-7-8 Repeat previous 4 counts

STEP, ½ PIVOT TURN, SHUFFLE (TWICE)

1-2-3&4 Step forward on right, ½ pivot turn to left, shuffle forward right, left, right
5-6-7&8 Step forward on left, ½ pivot turn to right, shuffle forward left, right, left

STOMP, HOLD, SLOW LEFT TURN

1-2-3-4 Stomp forward on right, hold for three counts
5-6-7-8 Slow turn to left over four counts with shoulder shimmies, finishing with weight on left

REPEAT

RESTART

On wall 3, dance to step 16, then restart
On wall 6, dance to step 48, then restart

FINISH

On wall 9 dance to step 44

1-2-3-4-5 Touch right to right, close, touch left to left, close, stomp right forward with hands to side waist height