

Too Much Eggnog

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 2 級數:
編舞者: Peter Metelnick (UK)
音樂: Xmas In Jail - Asleep at the Wheel



Sequence: AA B AAA B A C

PART A: VERSE

STEP RIGHT, HOLD, CROSS ROCK & RECOVER, STEP LEFT, HOLD, CROSS ROCK & RECOVER

- 1-2 Step right foot to right side, hold
3-4 Cross left foot over right foot and rock forward, recover weight on right foot
5-6 Step left foot to left side, hold
7-8 Cross right foot over left foot and rock forward, recover weight on left foot

RIGHT & LEFT BACK DIAGONAL STEP TOUCHES, RIGHT SHUFFLE BACK, LEFT ROCK BACK & RECOVER

- 1-4 Step right foot back on right diagonal, touch left foot together & clap, step left foot back on left diagonal, touch right foot together & clap
5&6 Step back on right foot, step left foot together, step back on right foot
7-8 Rock back on left foot, recover weight on right foot

LEFT SHUFFLE FORWARD, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT SHUFFLE FORWARD, LEFT ROCK FORWARD & RECOVER

- 1&2 Step left foot forward, step right foot together, step left foot forward
3-4 Step right foot forward, pivot ½ left
5&6 Step right foot forward, step left foot together, step right foot forward
7-8 Rock left foot forward, recover weight on right foot

SIDE STEPS LEFT, BUMP HIPS LEFT 4X

- 1&2& Step left foot to left side, step right foot together, step left foot to left side, step right foot together
3&4 Step left foot to left side, step right foot together, step left foot to left side
5-8 Bump hips left 4x (weight ends on left foot)

PART B: CHORUS

RIGHT SIDE TOUCH, HOLD, RIGHT TOGETHER, LEFT SIDE TOUCH, HOLD

- 1-4 Touch right toes to right side, hold for 3 more counts
& Step right foot together
5-8 Touch left toes to left side, hold for 3 more counts

LEFT CROSS OVER, HOLD, RIGHT SIDE RIGHT, HOLD, LEFT CROSS OVER, RIGHT SIDE RIGHT, LEFT CROSS OVER, RIGHT SCUFF

- 1-2 Cross left foot over right and step, hold (snap fingers-optional)
3-4 Step right foot to right side, hold (snap fingers-optional)
5-8 Cross left foot over right foot and step, step right foot to right side, cross left foot over right foot and step, scuff right foot forward

RIGHT CROSS OVER, HOLD, LEFT SIDE LEFT, HOLD, RIGHT CROSS OVER, LEFT SIDE LEFT, RIGHT CROSS OVER, LEFT SCUFF

- 1-2 Cross right foot over left foot and step, hold (snap fingers-optional)

- 3-4 Step left foot to left side, hold (snap fingers-optional)
5-8 Cross right foot over left foot and step, step left foot to left side, cross right foot over left foot and step, scuff left foot forward

FORWARD 2, KICK LEFT FORWARD TWICE, LEFT BACK, RIGHT TOGETHER, LEFT BACK, RIGHT TOGETHER, LEFT BACK, RIGHT TOGETHER, LEFT BACK

- 1-4 Step left foot forward, step right foot forward, kick left foot forward twice
5&6& Step back on left foot, step right foot together, step back on left foot, step right foot together
7&8 Step back on left foot, step right foot together, step back on left foot

PART C: THE FINISH

SIDE STEPS RIGHT, BUMP HIPS RIGHT 4X

- 1&2& Step right foot to right side, step left foot together, step right foot to right side, step left foot together
3&4 Step right foot to right side, step left foot together, step right foot to right side
5-8 Bump hips right 4x (weight ends on right foot)

SIDE STEPS LEFT, RIGHT SIDE TOUCH, HOLD

- 1&2& Step left foot to left side, step right foot together, step left foot to left side, step right foot together
3&4 Step left foot to left side, step right foot together, step left foot to left side
5-8 Touch right toes to right side, hold for 3 more counts

RIGHT TOGETHER, LEFT SIDE TOUCH, HOLD

- & Step right foot together
1-4 Touch left toes to left side, hold for 3 more counts (or hold until end of song!)

REPEAT
