

2 Smooth 2 Move

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: William Sevone (UK)
音樂: Back With a Heart - Olivia Newton-John



Dedicated to Gary, the original 'too smooth to move' who lives near Bridgetown in W.A.
Dance starts with feet slightly apart (with weight on left foot)

RIGHT TOE IN, RIGHT HEEL IN, 3X BACK TOE STRUTS

1-2 Touch right toe to left instep, touch right heel to left instep
3-4 Step right toe back, place right heel to floor
5-6 Step left toe back, place left heel to floor
7-8 Step right toe back, place right heel to floor

LEFT TOE IN, LEFT HEEL IN, 3X BACK TOE STRUTS

9-10 Touch left toe to right instep, touch left heel to right instep
11-12 Step left toe back, place left heel to floor
13-14 Step right toe back, place right heel to floor
15-16 Step left toe back, place left heel to floor

¼ LEFT, STEP FORWARD, 2X TOUCH-STEP FORWARD, TOUCH, CROSS, UNWIND ½ LEFT

17 Turn ¼ left & step forward onto right foot
18-19 Touch left toe to side, step left foot in front of right
20-21 Touch right toe to side, step right foot in front of left
22 Touch left toe to side
23-24 Cross/step left foot behind right, unwind ½ left

CROSS, UNWIND ½ LEFT, HITCH, 5X KNEE POP'S

25-26 Cross/step right foot in front left, unwind ½ left
27-28 Hitch left knee across right leg, returning left foot to place - 'pop' right knee to left
29-30 Straighten right leg - 'popping' left knee to right, straighten left leg - 'popping' right knee to left,
31-32 Straighten right leg - 'popping' left knee to right, straighten left leg - 'popping' right knee to left,

REPEAT

Choreographers variation option:

5-8 Full turn to the left
13-16 Full turn to the right