

Watch Me Shine

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jo Kinser (UK) & John Kinser (UK)
音樂: Watch Me Shine - Joanna Pacitti



RIGHT FOOT ROCK AND STEP, BODY ROLL TO SITTING POSITION, POINTS TRAVELING BACKWARDS

- 1&2 Rock right forward diagonally left, place the weight on the ball of the left foot, step in place with the right foot
- 3&4 Body roll from the head down to the knees into a sitting position
- 5&6& Point right to right side, step together right, point left to left side, step together left, while traveling backwards
- 7&8 Point right to right side, step together right, point left to left side, while traveling backwards

HITCH LEFT, CROSS AND TOUCH, CROSS AND TOUCH, HITCH TWICE, SLIDE, TOUCH, STEP

- 1-2 Hitch the left knee in front of the body, point the left foot out to the left side
- &3 Step the left foot across in front of the right, point the right foot to the right side while traveling forward
- &4 Step the right foot across in front of the left, point the left foot to the left side while traveling forward
- 5-6 Hitch the left knee in front of the body, point the left foot out to the left side
- &7 Hitch the left knee in front of the body, take a big step to the left while dragging the right foot to the left
- &8 Touch the ball of the right foot in place leaning diagonally forward right, step diagonally forward on the right foot

ROCK STEP RONDE ½ LEFT, LUNGE-FIST, ¼ RIGHT, POINT FORWARD AND TOUCH TWICE TRAVELING FORWARD

- 1&2 Rock forward on the left foot, replace weight right, ronde the left foot ½ turn left
- 3&4 Step the left back, step right beside left, lunge diagonally forward left on the left foot punching the right fist forward
- 5 Bring the right shoulder back placing the weight onto the right a ¼ right leaving the left foot pointing left
- 6&7 Point the left foot forward, step forward on the left foot, touch the right foot next to the left, (traveling forward)
- &8 Step back on the right foot 3rd position, point the left foot forward

ROCK RIGHT, STEP IN PLACE, ½ RIGHT, FULL TURN RIGHT, POINT RIGHT AND LEFT, POINT RIGHT, HITCH, POINT RIGHT

- &1-2 Bring the left foot back to the right, rock forward onto the right foot, replace weight left
- 3-4 Pivot ½ right stepping forward on the right foot (prep), do a full turn over the right shoulder weight left
- 5&6 Point the right foot to the right side, step the right foot next to the left, point the left foot to the left side
- &7&8 Step the left foot next to the right, point the right foot to the right side, hitch the right knee, touch the right foot to the right side

REPEAT

RESTART

On the 8th wall before starting the dance again hold for 4 beats, then start the dance with the rock and body roll

