

Watch Me Shine

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 2 級數: Intermediate cha cha
編舞者: Lizzie Clarke (SCO)
音樂: Father and Daughter - Paul Simon



STEP ROCK, RECOVER, ¼ SHUFFLE, SPIN ½ RIGHT, ROCK, RECOVER

1-2-3-4&5 Step left to left side rock back right, recover left, turn ¼ right shuffle forward right, left, right
6-7-8 Step forward left (keeping weight on left)& spin ½ turn right, rock back right, recover left

SPIN ½ LEFT, STEP BACK, STEP SIDE, CROSS STEP, SIDE CHASSE, ROCK RECOVER

1-2-3 (Keeping weight on left) Spin ½ turn left stepping back on right, step left side, cross step right over left
4&5-6-7 Side chasse left, right, left, cross rock right recover left

TURN ¼ SHUFFLE, PRESS RECOVER, SWEEP BEHIND SIDE FRONT, SIDE ROCK RECOVER

8&1-2-3 Turn ¼ right, shuffle forward right, left, right, press forward left recover right
4&5-6-7 Sweep left step left behind, step right side cross step left over right, rock right side, recover left

CROSS SHUFFLE, SWAY, SWAY,, ¼ SHUFFLE, ½ PIVOT

8&1-2-3 Cross right over left, step left side, cross right over left, step left sway hips left, sway hips right
4&5-6-7 Turn ¼ left shuffle forward, left, right, left, step forward right pivot ½ turn left

SHUFFLE FORWARD, ROCK RECOVER, SHUFFLE BACK, SWEEP, SWEEP

8&1-2-3 Shuffle forward right, left, right, rock forward left recover right
4&5-6-7 Shuffle back left, right, left, sweep right foot from front to back stepping back right, sweep left foot from front to back stepping back left

ANCHOR STEP, STEP SPIN ½ LEFT, STEP BACK, SIDE, TOGETHER, SIDE ROCK RECOVER

8&1-2-3 Step right behind left, step left in-place, step right in place, step forward left, spin ½ turn left, step back right
4&5-6-7 Step left side, step right beside left, step forward left, rock right side recover left

CROSS SHUFFLE, TURN ¼, TURN ¼, CROSS ROCK RECOVER ¼ SIDE, FULL TURN

8&1-2-3 Cross right over left, step left side, cross right over left, turning ¼ right step back left, turn another ¼ right and step right to right side
4&5-6-7 Cross rock left over right, recover right, step left to left side turning ¼ left, step forward right turn ½ turn left, step back on left turning ½ turn left

Restart here on walls 3 & 4 by stepping right foot beside left on count 8

ROCK RECOVER CROSS, STEP SIDE STEP BACK, CROSS SHUFFLE, ROCK SIDE, RECOVER, CROSS

8&1-2-3 Rock right side, recover left cross step right over left, step left side, step back right
4&5-6-7-8 Cross left over right, step right side cross left over right, rock right side recover left, cross step right over left

REPEAT

TAG

At end of wall 5

ROCK SIDE RECOVER CROSS SHUFFLE, ROCK SIDE RECOVER CROSS SHUFFLE, ROCK RECOVER TRIPLE ½, STEP PIVOT SHUFFLE FORWARD

1-2-3&4 Rock left side recover right, cross left over right, step right side cross left over

5-6-7&8 Right, rock right side recover left, cross right over left, step left side, cross right over left
9-10-11&12 Rock forward left recover right, triple ½ turn left, stepping left, right, left
13-14-15&16 Step forward right pivot ½ turn left, shuffle forward right & left right

REPEAT

Dedicated to Roger & Bev who asked me to listen to this piece of music Father & Daughter
