

Way Gone

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Beginner
編舞者: David Grant (UK)
音樂: Way Gone - Brooks & Dunn



This is a swing style dance, the arms are meant to move freely. Bumps are exaggerated by lifting the heel off the floor. Bounce along with the music

FORWARD DIAGONAL BUMP RIGHT, DIAGONAL BUMP LEFT, DIAGONAL BUMP RIGHT, DIAGONAL BUMP LEFT

Arms are bent at the elbows parallel to the floor

- 1 Step diagonally forward on the right foot bumping right hip to the right and swinging both hands to the right
- 2 Touch the left toes next to the right and snap the fingers
- 3 Step diagonally forward on the left foot bumping left hip to the left and swinging both hands to the left
- 4 Touch the right toes next to the left and snap the fingers
- 5 Step diagonally forward on the right foot bumping right hip to the right and swinging both hands to the right
- 6 Touch the left toes next to the right and snap the fingers
- 7 Step diagonally forward on the left foot bumping left hip to the left and swinging both hands to the left
- 8 Touch the right toes next to the left and snap the fingers

BACKWARD DIAGONAL BUMP RIGHT, DIAGONAL BUMP LEFT, DIAGONAL BUMP RIGHT, DIAGONAL BUMP LEFT

- 9 Step diagonally back on the right foot bumping the right hip to the right and swinging both hands to the right
- 10 Touch the left toes next to the right and clap both hands
- 11 Step diagonally back on the left foot bumping the left hip to the left and swinging both hands to the left
- 12 Touch the right toes next to the left and clap both hands
- 13 Step diagonally back on the right foot bumping the right hip to the right and swinging both hands to the right
- 14 Touch the left toes next to the right and clap both hands
- 15 Step diagonally back on the left foot bumping the left hip to the left and swinging both hands to the left
- 16 Touch the right toes next to the left and clap both hands

¼ TURN, SHUFFLE, ½ TURN SHUFFLE BACK, ROCK STEP

- 17 Step forward on the right foot turning ¼ turn to the left (pivoting on the ball of the left foot and bumping the hips right)
- 18 Transfer weight to the left foot by bumping the hips to the left, (9:00)
- 19&20 Shuffle forward right, left, right
- 21&22 Shuffle forward left, right, left turning ½ turn to the right, (3:00)
- 23 Step back on to the right foot
- 24 Rock forward on to the left foot

SYNCOPATED SPLITS

- & Step slightly forward and out on the right foot
- 25 Step out on the left foot
- 26 Hold
- & Step slightly forward and in on the right foot

- 27 Step together on the left foot
- 28 Hold
- & Step slightly forward and out on the right foot
- 29 Step out on the left foot
- & Step slightly forward and in on the right foot
- 30 Step together on the left foot
- & Step slightly forward and out on the right foot
- 31 Step out on the left foot
- & Step slightly forward and in on the right foot
- 32 Step together on the left foot

REPEAT
