

We've Got More Bounce

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Improver west coast swing
編舞者: Nancy Morgan (USA)
音樂: More Bounce (In California) - Soul Kid #1



SIDE ROCK, BEHIND AND HEEL, STEP-TOGETHER AND HEEL, STEP TOGETHER, DIP AND UP

1-2 Rock/step right to right side and back on left
3&4 Step right behind left, step left to left side, put right heel forward
&5&6 Step right next to left, step left next to right, step right foot back, put left heel forward
&7 Step left next to right, step right next to left
&8 Bend both knees slightly as you drop slightly and come back up to full up-right position

SIDE ROCK, BEHIND AND HEEL, STEP-TOGETHER AND HEEL, STEP TOGETHER, DIP AND UP

1-2 Rock/step left to left side and back on right
3&4 Step left behind right, step right to right side, put left heel forward
&5&6 Step left next to right, step right next to left, step left foot back, put right heel forward
&7 Step right next to left, step left next to right
&8 Bend both knees slightly as you drop slightly and come back up to full up-right position

HEEL AND HEEL AND ROCK-FORWARD AND HITCH, HOP 3 TIMES ¼ TURN TO RIGHT, ROCK-STEP FORWARD ON RIGHT AND BACK ON LEFT

1&2& Put right heel forward, put right next to left, put left heel forward, put left next to right
3&4 Rock/step right foot forward and back on left, hitch right foot up
5&6 Hop on left 3 times as you turn ¼ turn to your right
7-8 Rock/step forward on right and back on left

COASTER STEP, ROCK FORWARD AND BACK, BOUNCE HIPS IN A CIRCLE STARTING ON LEFT HIP

1&2 Step back on right, step back on left, step forward on right
3&4 Rock/step forward on left and back on right, put left next to right
5&6&7&8 Bounce your hip in a circle starting from your left and returning to your left. (stick hips slightly out as if you are cleaning a bowl with your hips as you bounce)

REPEAT

TAG

There is an instrumental section where no-one is singing. After the singer start singing again and you complete the rotation, do this 8 counts:

FORWARD ROCK, COASTER STEP, FORWARD ROCK COASTER STEP

1-2 Rock/step forward on right and back on left
3&4 Step back on right, step back on left, step forward on right
5-6 Rock/step forward on left and back on right
7&8 Step back on left, step back on right, step forward on left