

Weak In The Knees

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Bill Morgan (USA)
音樂: I'm from the Country - Tracy Byrd



LOCKING TRIPLE STEPS, ½ TURN, FULL SPIN, WALK

- 1&2 Step right foot forward, lock-step left foot behind right foot, step right foot forward
- 3-4 Step left foot forward, turn ½ to right on ball of left foot and replace weight to right foot
- 5-6 Step left foot forward turning ½ to right (to the right), step back on right foot turning ½ to right (to the right)
- 7-8 Step forward left-right

SYNCOPATED HEEL-TOE TOUCHES, CROSS/STEP, HOLD, HEEL JACK

- 1 Touch left heel forward
- &2 Step left foot home, touch right toe back
- &3 Step right foot home, touch left foot to left (optional styling: turn left knee slightly to center)
- &4 Step left foot home, touch right toe to right (optional styling: turn right knee slightly to center)
- &5 Step back on right foot, cross-step left foot over right foot
- 6 Hold and snap fingers
- &7 Step right foot diagonally back (diagonal right), touch left heel forward
- &8 Step left foot home, touch right toe beside left foot

HEEL JACK, OUT-OUT, IN-IN MOVING BACKWARDS, TOE & HEEL FAN, RIGHT KNEE POP, ¼ TURN

- &1 Step right foot diagonally back (diagonal right), touch left heel forward
- &2 Step left foot home, touch right toe beside left foot
- &3 Step back on right foot, step left foot parallel to right foot and shoulder width apart
- &4 Step back/center on right foot, step left foot together with right foot
- 5-6 Fan both toes to outside, fan both heels to outside
- 7-8 Pop right knee to center and look to left at same time, turn ¼ to right

STEP THEN FAN HEELS OUT, STEP THEN FAN HEELS IN, STEP THEN FAN HEELS OUT, LARGE RIGHT STEP TO RIGHT, TOUCH LEFT TOGETHER

- 1&2 Step left foot forward, fan both heels to outside, return heels home
- 3&4 Step right foot forward, fan both heels in, return heels home
- 5&6 Step left foot forward, fan both heels to outside, return heels home
- &7 Flea hop on left foot, step large step to right on right foot
- 8 Drag and touch left toe beside right foot

CROSS, TURN, SIDE SHUFFLE, KNEE ROLLS MOVING BACKWARDS

- 1-2 Cross-step left foot over right foot, turn ¾ right rotating on balls of feet which remain in place
- 3&4 Step left foot to left side, step right foot beside left foot, step left foot to left side
- 5-6 Step back on right foot, rotate (roll) left knee to the outside and snap fingers at same time
- 7-8 Step back on left foot, rotate (roll) right knee to the outside and snap fingers at same time

CROSS, TURN, KNEE POPS, 1 AND ¼ PADDLE TURN

- 1-2 Cross-step right foot over left foot, turn ½ to left on balls of feet in place
- 3-4 Pop left knee to center, pop right knee to center
- &5 Lift right knee, touch ball of right foot making slight turn to the left
- &6 Continue paddle turn (same as &5)
- &7 Continue paddle turn (same as &5)
- &8 Continue paddle turn (same as &5) until completing 1 and ¼ turn to the left to new wall

REPEAT
