

Weak In The Knees

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Improver
編舞者: Kathy Hunyadi (USA)
音樂: Feels Like I'm In Love - Kelly Marie



The version I use is 3:20 long with only an 8-count intro. Adjust the start with whatever version you find. Dance begins on vocals. This is a lively "Disco" tune but would work well with a "Polka" too!

KICK, KICK, SAILOR STEP; KICK, KICK, SAILOR STEP WITH ¼ TURN LEFT

- 1-2 Kick right foot forward, kick right foot out to side
- 3&4 Cross step right behind left, step left to side, step right to side
- 5-6 Kick left foot forward, kick left foot to side
- 7&8 Cross step left behind right turning ¼ to left (9:00), step right to side, step left to side

ROCK, STEP, COASTER STEP; RIGHT ½ TURN, SYNCOPATED FULL TURN RIGHT

- 1-2 Rock forward on right, recover weight to left
- 3&4 Step right back, step left beside right, step right forward
- 5-6 Step forward on left, turn ½ to right, step right in place
- 7&8 Turn ½ right stepping back on left, turn ½ right stepping forward on right, step left forward (now facing 3:00)

SKATES FORWARD RIGHT & LEFT (TRAVEL FORWARD SLIGHTLY), ROCK & STEP

- 1-2 Swivel right foot forward and toward right, swivel left foot forward and toward left (angling body in same direction as feet)
- 3&4 Swivel right foot forward and toward right, bring left foot up to right, step right forward
- 5-6 Swivel left foot forward and toward left, swivel right foot forward and toward right (angling body in same direction as feet)
- 7&8 Rock forward on left, recover weight to right, step left to side

"HEART BEATS" KICK BALL CROSS (TRAVEL TO RIGHT SIDE)

- 1-8 Traveling to right, kick right foot forward (1), step back on ball of right foot (&), cross step left over right (2), repeat 3 more times to keep in rhythm with the "heart beat" sounds in the music - 3&4, 5&6, 7&8

ROCK STEP, ¾ TURN, SHUFFLE; ROCK, STEP, COASTER STEP

- 1-2 Rock forward on right, recover weight to left & turn ¾ to right (now facing 12:00)
- 3&4 Shuffle in place right, left, right
- 5-6 Rock forward on left, recover weight to right
- 7&8 Step back on left, step right beside left, step left forward

SIDE ROCK, CROSSING SHUFFLE; JAZZ BOX TURNING ¼ LEFT INTO LEFT COASTER STEP

- 1-2 Rock to side on right, recover weight on left
- 3&4 Cross step right over left, step left to side, cross step right in front of left
- 5-6 Cross step left over right while turning ¼ left, step back on right (now facing 9:00)
- 7&8 Step back on left, step right beside left, step forward on left

REPEAT

TAG

On 5th wall (you will be facing 12:00). Do the first 40 counts of dance and then do a 4 count jazz box in place

- 1-4 Cross right over left, step back on left, step right to side, step left next to right

Then start dance over from beginning

The tag may need to be eliminated if you are using a version other than the one I use

