

Wooden Nickel - Blues Style (P)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 0 級數: Partner
編舞者: Rick Stearns (USA) & Kathy Stearns (USA)
音樂: Take It Back - Reba McEntire



Position: Promenade position, both facing line of dance; lady standing on the gentleman's right side; each will have heels together; his left hand will hold her left hand either in front of his left shoulder, in front of and slightly higher than his waist, or in front of the lady's left shoulder; his right arm will reach behind the lady and hold her right hand in his right hand slightly to the right of her right shoulder
Hands are never released, arms are slightly lifted over the heads for the turns. This is considered simple enough that no additional arm instructions will be provided. This dance has been modified by many dancers and teachers, until we cannot determine the original steps.

MODIFIED VINE TO THE LEFT

- 1 Left foot step to the left
- 2 Right foot step behind the left leg to the left
- 3 Left foot step to the left
- 4 Right foot scuff forward into low kick

- 5 Right foot step forward
- 6 Left foot scuff forward into low kick
- 7 Left foot step forward
- 8 Right foot scuff forward into low kick

- 9 Right foot step forward-weight goes onto right foot
- 10 Weight shifts backward to the left foot
- 11 Right foot step forward $\frac{1}{4}$ turn to the right-body turns $\frac{1}{4}$ turn to the right-at this time the gentleman is behind the lady, hands are held slightly higher than the respective shoulders (right hands at the right shoulders)
- 12 Left foot scuff forward into low kick

MODIFIED VINE TO THE LEFT

- 13 Left foot step to the left
- 14 Right foot step behind the left leg towards the left
- 15 Left foot step to the left
- 16 Right foot step in front of the left leg to the left

- 17 Left foot step to the left
- 18 Left toe pivot $\frac{1}{4}$ turn to the right and right knee is raised until thigh is parallel to the dance floor-backs are now to the line of dance in the reversed promenade position, with the lady to the left of the gentleman
- 19 Hold
- 20 Right foot stomp beside left foot

- 21 Right foot stomp in place
- 22 Right foot step forward
- 23 Pivot on balls of the feet $\frac{1}{2}$ turn to the left-return to promenade position facing line of dance
- 24 Left leg crosses in front of right leg-left toe faces down and is held about 6 inches off the dance floor

SYNCOPATED CHA-CHA STEPS-THREE STEPS IN TWO MUSIC COUNTS

- 25-26 Left foot step forward, right foot step forward, and left foot step forward

- 27-28 Right foot step forward, left foot step forward, and right foot step forward
- 29-30 Left foot step forward, right foot step forward, and left foot step forward
- 31-32 Right foot step forward, left foot step forward, and right foot step forward

REPEAT

Option 1

Start the dance above on Count 25 and replace the Modified Vine to the Left, Original Counts 1-4 above, with the following Modified Jazz Box to the Right

- 1 Left foot step in front of right leg to the right
- 2 Right foot step backward
- 3 Left foot step to the left
- 4 Right foot scuff forward beside left foot

Change the position of the right foot in Count 9, changing the style slightly.

- 9 Right foot step in front of left leg to the left

Modify the timing and foot work slightly on Counts 17-24.

- 17 Left foot step to the left $\frac{1}{4}$ turn to the right
- 18 Right foot kick forward
- 19 Right foot step backward
- 20 Left foot step backward
- 21 Right foot stomp beside left foot
- 22 Right foot stomp beside left foot
- 23 Right foot step forward
- 24 Pivot $\frac{1}{2}$ turn to the left
- & Left leg crosses in front of right leg-left toe faces down and is held about 6 inches off the dance floor

Option 2

This option from Leather and Lace in New Jersey, replaces Count 16 in the original text and Counts 17-19 in Option 1.

- 16 Right foot step in front of the left leg to the left $\frac{1}{4}$ turn to the left

SYNCOPATE THREE STEPS IN TWO COUNTS

- 17 Left foot step forward
- & Pivot $\frac{1}{2}$ turn to the right
- 18 Left foot hop and right foot kick forward
- 19 Recover to the heels together position

Option 3

Substitute the following:

- 21 Right heel touch forward
- 22 Right heel touch forward

Option 4

Styling changes that crept into our dancing over the past six years. These are changes to the basic dance and do not refer to the options listed above.-Ron and Sandra Still

Substitute the following counts:

- 4 Right foot scuff forward into low kick and then sweep to the right
- 5 Right foot step diagonally forward and to the right (you guessed it right. After the sweep to the right in count 4, you just step down on count 5.)
- 6 Left foot scuff forward into low kick and sweep to the left
- 7 Left foot step diagonally forward and to the left (you guessed it again. After the sweep in count 6, you just step down on count 7.)
- 8 Right foot scuff forward into low kick and sweep to the right
- 9 Right foot step diagonally forward and to the right (yep. After the sweep to the right in count 8, you just step down on count 9.)-step down with the toe first and use the spring built into this type of movement to push your weight back for count 10. As your weight goes forward onto the right toe, your left heel lifts slightly

- 10 Left toe steps about 12-18" straight behind the right foot, weight rocks back on the left toe (the left heel can settle down to the floor and the right foot can lift slightly off the floor), and the left toe immediately starts shifting the weight forward for count 12's pivot.
- 11 Right foot is planted on the floor and weight shifts forward over the right foot
- 12 Left knee lifts until thigh is parallel to the floor, with the foot and shin remaining partially tucked back under the thigh not hanging straight down from the knee and right toe pivots $\frac{1}{4}$ turn to the right (if the gentleman is taller than the lady, he is advised to keep his knee slightly to the left of the lady as he turns in this move.)
- 19 Right foot step to close to left foot
- 20 Left foot step in place
- 22 Right foot step in place
- 23 Right toe pivot $\frac{1}{2}$ turn to the left, returning to original promenade position facing line of dance
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