

Work It Out

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: June Hulcombe (AUS) & Barbara Willshire (AUS)
音樂: We Work It Out - Joni Harms



VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1-2-3-4 Step right to right side, step left behind right, step right to right side, touch left next to right
5-6-7-8 Step left to left side, step right behind left, step left to left side, touch right next to left

HEEL STRUT, HEEL STRUT, RIGHT 45, LEFT 45

1-2-3-4 Step right heel forward, drop right toe, step left heel forward, drop left toe
5-6 Touch right forward 45 degrees right, step right next to left
7-8 Touch left forward 45 degrees left, step left next to right

TOE STRUT, TOE STRUT, VINE RIGHT, TOUCH

1-2-3-4 Step right toe back, drop right heel, step left toe back, drop left heel
5-6-7-8 Step right to right side, step left behind right, step right to right side, touch left next to right

VINE LEFT WITH ¼ TURN, TWIST HEELS RIGHT, CENTER, LEFT, CENTER

1-2-3-4 Step left to left side, step right behind left, turning ¼ left step left forward, step right next to left
5-6-7-8 Twist both heels to right, return heels to center, twist both heels to left, return to center

REPEAT

TAG

At end of walls 2 and 6 (both facing back) add 4 hip bumps
