

Work, Work, Work

COPPER KNOB
BY STEPHEN METZ

拍數: 40 牆數: 4 級數: Improver west coast swing
編舞者: Elaine Dunkel (USA)
音樂: A Little Bit Of Life - Craig Morgan



4 HEEL STEPS, RIGHT TRIPLE TO THE RIGHT, LEFT TRIPLE WHILE TURNING ½ TURN TO THE RIGHT

1&2& Touch right heel forward, step right together, touch left heel forward, step left together

3&4& Touch right heel forward, step right together, touch left heel forward, step left together

To add styling to the dance, you can add hand movements along with the heel steps. When stepping the right heel forward, raise hands to the right. When stepping right foot home lower hands to the center. Repeat hand movements on the left side

5&6 Shuffle side right, left, right

7&8 Triple in place turning ½ right stepping left, right, left

RIGHT STEP FORWARD, ½ LEFT TURN, LEFT TOUCH, LEFT COASTER STEP, RIGHT MAMBO, LEFT MAMBO

1-2 Step right forward, turn ½ left (weight to right), touch left forward

3&4 Step left back, step right together, step left forward

5&6 Rock right to side, recover onto left, step right together

7&8 Rock left to side, recover to right, step left together

RIGHT STEP FORWARD, ¼ TURN LEFT ON LEFT, RIGHT TRIPLE ACROSS, LEFT SIDE ROCK, ¼ TURN TO THE LEFT

1-2 Step right forward, turn ¼ left (weight to left)

3&4 Cross right over left, step left to side, cross right over left

5-6 Rock left to side, recover onto right

7&8 Cross left behind right, step right to side, turn ¼ turn left (weight to left, 6:00)

RIGHT ROCK STEP, RIGHT TRIPLE ACROSS, LEFT ROCK STEP, LEFT SAILOR STEP

1-2 Rock right to side, recover onto left

3&4 Cross right over left, step left to side, cross right over left

5-6 Rock left to side, recover onto right

7&8 Sailor step left, right, left (6:00)

RIGHT STEP FORWARD, ½ TURN LEFT ON THE LEFT, RIGHT TRIPLE FORWARD, LEFT STEP FORWARD, ¼ TURN RIGHT ON THE RIGHT, LEFT TRIPLE FORWARD

1-2 Step right forward, turn ½ left (weight to left)

3&4 Step right forward, step left forward, step right forward (12:00)

5-6 Step left forward, turn ¼ right (weight to right)

7&8 Step left forward, step right forward, step left forward (3:00)

REPEAT