

Wrap It Up

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Christine Bass (USA)
音樂: Wrap It Up - The Fabulous Thunderbirds



RIGHT TOE HEEL STRUT, LEFT TOE HEEL STRUT (MOVING DIAGONALLY TO THE RIGHT), SIDE ROCK, BEHIND ¼ TURN, STEP

1-4 Touch right toe, bring right heel down, touch left toe, bring left heel down, (with shoulder shrugs: left-up, right-down, left-up right-up, left-down, right-up)
5-6 Right side rock, recover left
7&8 Cross right behind left, ¼ turn left stepping left to left side, step right forward (9:00)

LEFT TOE HEEL STRUT, RIGHT TOE HEEL STRUT, (MOVING FORWARD), ROCK RECOVER, COASTER STEP

1-4 Touch left toe, bring left heel down, (with shoulder shrugs: right-up, left-down, right-up) touch right toe, bring right heel down (with shoulder shrugs: left-up, right-down, left-up)
5-6 Left forward rock, recover right
7&8 Step back left, step right together, step forward left

ROCK RECOVER, RIGHT TRIPLE ½ TURN, ROCK RECOVER, LEFT ¼ TURN SIDE SHUFFLE

1-2 Rock right forward, recover left
3&4 Right ½ turn (over right shoulder) shuffle forward right-left-right (3:00)
5-6 Rock forward left, recover right
7&8 Begin left ¼ turn, step left foot to left; step right beside left, step left (12:00)

JAZZ BOX, RIGHT HIP BUMPS, LEFT HIP BUMPS

1-4 Cross right over left, step back on left, step right to right side, step left forward
5&6 Step right forward hip bumps right-left-right
7&8 Step left forward hip bumps left-right-left

CROSS ½ UNWIND, LEFT SIDE SHUFFLE, TOUCH ½ PIVOT, FORWARD SHUFFLE

1-2 Cross right over left, unwind ½ left (weight on right) (6:00)
3&4 Step left to left side, step right next to left, step left to left side
5-6 Touch right toe back pivot ½ turn right, (12:00)
7&8 Step left forward, step right next to left, step left forward

CROSS ½ UNWIND, LEFT SIDE SHUFFLE, TOUCH RIGHT ¼ PIVOT, CROSSING SHUFFLE

1-2 Cross right over left, unwind ½ left (weight on right), (6:00)
3&4 Step left foot to left; step right beside left, step left
5-6 Touch right toe back pivot ¼ turn right (weight on right), (9:00)
7&8 Cross left over right, step right to right, cross left over right

REPEAT
