

X-Citation

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 2 級數: Improver contra dance
編舞者: Donald E. Kaneski (USA)
音樂: Some Kind of Trouble - Tanya Tucker



X FILE

- 1-2 Push right hip and step right foot forward, push left hip diagonal back over left foot
- 3-4 Push hips side right behind right foot, push left hip and step left foot forward
- 5-6 Push right hip diagonal back over right foot, push hips side left behind left foot
- 7-8 Push right hip and step right foot forward, push left hip diagonal back over left foot

RIGHT SHUFFLE TURN AND HIP THRUSTS

- 1 Step right foot back beginning ½ turn right (1),
- &2 Step left foot next to right (&) step right foot forward completing ½ turn (2)
- 3 Step rock left foot forward
- 4 Rock back on right foot bending forward at waist extending butt backwards and hands forward
- 5 Thrust hips forward while bringing hands in,
- 6 Thrust hips back extending hands forward
- 7& Hold (7), thrust hips forward while bringing hands in (&),
- 8 Thrust hips back extending hands forward (8)

LEFT SHUFFLE TURN AND HIP THRUSTS

- 1 Step left foot back beginning ½ turn left (1),
- &2 Step right foot next to left (&), step left foot forward completing ½ turn
- 3 Step rock right foot forward,
- 4 Rock back on left foot bending forward at waist extending butt backwards and hands forward
- 5 Thrust hips forward while bringing hands in,
- 6 Thrust hips back extending hands forward
- 7& Hold (7), thrust hips forward while bringing hand in (&),
- 8 Thrush hips back extending hands forward (8)

STEP TURNS AND JAZZ BOX

- 1 While still bending forward slightly at waist with butt sticking out turn ¼ left on balls of feet,
- 2 Step left foot in place while raising body up from waist
- 3-4 Step right foot forward turn ¼ turn left, step left foot in place
- 5-6 Step right foot over left, step back on left foot
- 7-8 Step right foot side right, step left foot forward

REPEAT
