

You're The 1 (Easy Version)

COPPER KNOB
BY STEPHEN SUNTER

拍數: 32 牆數: 4 級數: Improver
編舞者: Stephen Sunter (UK)
音樂: Whole Again - Atomic Kitten



BACK ROCK, FORWARD, ½ TURN, STEP FORWARD, CROSS STEP, BACK, SIDE, IN FRONT

1-2 Rock back right, replace weight to left
3-4 Turn ½ left on ball of left and step back right, step back left
5-6 Step forward right, cross step left over right
7&8 Step right back, step left to left, cross step right over left

SIDE ROCK, ¼ TURN, SHUFFLE FORWARD, RIGHT ROCK STEP, WALK BACK

1-2 Rock out to left, turning ¼ right replace weight to right
3&4 Shuffle forward left, right, left
5-6 Rock forward right, replace weight to left
7-8 Walk back right, left

ROCK BACK, WALK FORWARD, SIDE ROCK CROSS, SIDE ROCK CROSS

1-2 Rock back right, replace weight to left
3-4 Walk forward crossing right over left, left over right
5&6 Rock out to right on right, replace weight to left, cross step right over left
7&8 Rock out to left on left, replace weight to right, cross step left over right

WALK ROUND IN A CIRCLE, ROCK STEP, WALK BACK

1-4 Using 4 counts, walk round in a circle: right, left, right, left
5-6 Rock forward right, replace weight to left
7-8 Walk back right, walk back left

REPEAT
