

Zooming

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver
編舞者: Linda Haines & Michael Taylor
音樂: Zoom Zoom Zoom - Serapis Bey



4 X ¼ OR ½ MONTEREY TURNS (12:00)

- 1-2 Touch right toe to right side, turn ¼ right stepping right next to left
- 3-4 Touch left toe to left side, turn ¼ left stepping left next to right
- 5-6 Touch right toe to right side, turn ¼ right stepping right next to left
- 7-8 Touch left toe to left side, turn ¼ left stepping left next to right

Option for the more adventurous, substitute ¼ turns for ½ turns

Keep side touches short, do not stretch

2 X CROSS SHUFFLES, RIGHT & LEFT HEEL SWITCHES (12:00)

- 9&10 Cross shuffle left (right-left-right)
- 11&12 Cross shuffle right (left-right-left)
- 13&14 Touch right heel diagonally forward right (1:00), step right together, touch left heel forward (12:00)
- &15 Step left next to right, touch right heel diagonally forward right (12:00)
- &16 Step right next to left, touch left heel diagonally forward left (11:00)

TOUCH BACK, REVERSE ½ LEFT PIVOT, 2 X SIDE TOUCH-CROSS STEP, CROSS BACK SIDE (6:00)

- 17-18 (Facing 12:00) touch left toe backward, reverse pivot ½ left (taking weight on left)
- 19-20 Touch right toe to right side, cross right foot forward over left
- 21-22 Touch left toe to left side, cross left foot forward over right
- 23&24 Cross right foot over left, step back on left foot, step right foot to right side

FORWARD MAMBO, BACK LOCKSTEP, 2 X ½ TURN LEFT, COASTER CROSS (6:00)

- 25&26 Rock forward on left foot, rock back on right foot, step left foot next to right
- 27&28 Step back on right foot, lock left foot across right, step back on right
- 29-30 Turn ½ left stepping forward onto left, turn ½ left stepping back onto right
- 31&32 Step back on left, step right next to left, cross left over right

REPEAT

Last Update - 26 May 2020