

Inside To Outside!

COPPER **KNOB**
BY SHEETS

拍數: 64 牆數: 2
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音樂: Inside to Outside - Limahl

級數: Improver



track 00:25

**BRUSH, 1/2
TURN RIGHT,
FORWARD
HEEL,
TOGETHER,
CROSS, SIDE,
BEHIND,
TOGETHER,
HEEL-TOE,
FULL RIGHT
SPIRAL TURN,
FORWARD
KICK**

1-2 : Swinging
right leg slightly
forward and
then
brush right foot
back, execute
1/2 turn right on

ball of left and
touch right heel
forward
&3&4& : Step
right beside left,
cross left over
right,
step right to
right, cross left
behind right,
step right
beside left
5&6 : Touch left
heel forward,
step left beside
right,
touch right toe
behind left heel
7-8 : On ball of
left execute a
full turn right
and
bring right toe to
cross touch
over left, kick
right forward

**BACK LOCK-
STEPS, 3/4
RIGHT
TURNING
TRIPLE
STEPS,
BEHIND STEP,
ACROSS
SLIDE,
SCISSORS
STEP**

9&10 : Step
right back, lock
step left over
right, step
right back

11&12 :
Execute 1/4 turn
right and then
step left back,
execute another
1/4 turn right
and then
step right
forward,
execute the
furthest 1/4 turn

right and then
step left to left
13-14 : Step
right behind left
heel, slide left
across to
right (taking
long step)

15&16 : Step
right to right,
step left beside
right,
cross right over
left

**SIDE ROCK,
RECOVER,
TOGETHER,
SIDE TOUCH,
3/4 LEFT
REVERSE
MONTEREY
TURN, BACK
WALK,
COASTER
STEP**

1718& : Rock
left to left,
recover weight
onto right,
step left beside
right

19-20 : Touch
toe right to right,
execute 3/4 turn
left

on ball of left
and then step
right beside left

21-22 : Walk
back on left,
right

23&24 : Step
left back, step
right beside left,
step left
forward

SIDE ROCK,
RECOVER, 1/4
LEFT SAILOR
TURN, SIDE,
DRAG, STOMP,
STOMP, KICK

25-26 : Rock
right to right,
recover weight
onto left

27&28 : Step
right behind left,
execute 1/4 left
turn and
then step left to
left, step right to
right

29-30 : Long
step left to left,
drag right toe
towards
left

31&32 : Stomp
right foot beside
left twice, kick
right
diagonally
forward

**CROSS, SIDE,
BEHIND, 1/4
LEFT TURNING
CROSS
SHUFFLE,
SIDE TOE-
SWITCH,
SAILOR
CROSS**

33-34 : Cross
right over left,
step left to left,
step
right behind left
heel

35&36 : Cross
left over right,
step right to
right, cross
left over right

*Note: Curve
steps 35&36 so
that it completes
a 1/4 turn left*

37&38& : Touch
right toe to right,
step right
beside left,
touch left toe to
left, step left
beside right
39&40 : Step
right behind left,
step left to left,
cross right over
left

**BACK,
TOGETHER,
RECOVER, 1/2
RIGHT
TURNING
CHASSE, 1/2
RIGHT
UNWIND
TURN, 1/2
RIGHT
TURNING
CHASSE**

41-42 : Step left
back, step right
beside left

43&44 : Step
left forward as
you turn 1/4 turn
right, step
right beside left,
execute another
1/4 turn right
and step left
back

45-46 : Cross
right behind left,
unwind 1/2 turn
right
(weight ends on
right)

47&48 : Step
left forward as
you turn 1/4 turn
right,

step right
beside left,
execute another
1/4 turn
right and step
left back

**BACK ROCK,
FORWARD
COASTER,
BACK MAMBO,
FORWARD
MAMBO**

49-50 : Rock
right back,
recover weight
onto left

51&52 : Step
right forward,
step left beside
right, step
right back

53&54 : Rock
left back,
recover weight
onto right, step
left beside right

55&56 : Rock
right forward,
recover weight
onto left,
step right
beside left

**SIDE CHASSE,
BACK ROCK,
SIDE, BEHIND,
(TRAVELLING
RIGHT) FULL
TURN RIGHT**

57&58 : Step
left to left, step
right beside left,
step

left to left

59-60 : Rock
right behind left,
recover weight
onto left

61-62 : Step
right to right,
step left behind
right

63&64 :

Execute a 1/4
turn right and
step right
forward,

step left
forward, pivot
3/4 turn right
in place keeping
weight on left
(In other words,
3/4 right spiral
turn) (You
should end up
right
leg cross over
left)

REPEAT

TAG

At the end of
the 1st rotation,
you should end
at 6 O'clock
wall, repeat
counts 49-64
and start
dancing the 2nd
rotation facing 6
O'clock wall.
