

Justified & Ancient

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Chris Hodgson (UK)
音樂: Justified & Ancient - Tammy Wynette & The KLF



Written especially for the LDTA charity event (Manchester) 20-01-01 in aid of the Rainbow Trust

HIP BUMPS / RIGHT KICK-BALL-TOUCH / LEFT KICK-BALL-TOUCH

1& Touch right slightly forward bumping hips forward, bump hips back
2& Bump hips forward, bump hips back
3& Repeat counts 2&
4& Repeat counts 2& (weight ends on left)
5&6 Kick right forward, step right next to left, touch left toe next to right foot
7&8 Kick left forward, step left next to right, touch right toe next to left foot

CHASSE RIGHT / CROSS IN FRONT-UNWIND FULL TURN / SIDE-TOGETHER X3-SIDE

1&2 Step right to right side, step left next to right, step right to right side
3-4 Cross left over in front of right, unwind full turn right (weight ends on right foot)
5& Step left slightly to left side, step right next to left
6&7& Repeat counts 5& twice more
8 Step left to left side

TOUCH AND HITCH X4 FULL CIRCLE / JAZZ BOX WITH ¼ TURN RIGHT

1& Touch right to right side, hitch right knee making ¼ turn left on ball of left
2&3& Repeat counts 1& twice more
4& Repeat counts 1& again (you have now completed a full turn to left)
The full turn can be substituted for touch-hitch x4 on the spot
5-6 Cross step right over in front of left, step back on left
7-8 Step right ¼ turn right, step left next to right

KICK AND SIDE / SIDE SWITCHES / SHUFFLE FORWARD / STEP ½ TURN

1&2 Kick right forward, step right next to left, touch left toes out to left side
&3 Step left next to right, touch right toes to right side
&4 Step right next to left, touch left toes to left side
5&6 Shuffle forward on left-right-left
7-8 Step forward on right, pivot ½ turn left

REPEAT

The full turns can be made easier by making ¼ turn right on count 10 and ¼ turn left on count 16, then only a ¾ turn has to be made!