

Joe's Recipe

COPPER KNOB
STEPPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sheila Baker (USA)
音樂: My Night to Howl - Lorrie Morgan



DOUBLE CROSS ROCK STEPS

1-2 Cross-step left foot over right; rock-step back on right foot
3-4 Step left foot beside right; step right foot beside left
5-6 Cross-step left foot over right; rock-step back on right foot
7-8 Step left beside right; hold position.

ROLLING RIGHT GRAPEVINE WITH ¼ TURN; ROCK STEP (1 ¼ TURN)

9-10 Step right foot to right pointing toe to 3:00 (¼ turn); step left foot to the right pointing toe to 9:00 (½ turn)
11-12 Step right foot to the right facing 3:00; hitch left leg
13-14 Rock step forward on left; rock-step back onto right
15-16 Step left foot beside right; hold position.

MONTEREY TURN WITH HIP WIGGLES

17-18 Point right toe to right side wiggling hips twice
19-20 Spin ½ turn right on left foot wiggling hips twice
21-22 Point left toe to left side wiggling hips twice
23-24 Step left beside right wiggling hips twice.

¼ TURN RIGHT; FORWARD WALK; ¼ TURN LEFT

25-26 Turn ¼ right on right foot; walk forward on left
27-28 Walk forward on right; turning ¼ left, touch left beside right
29-30 Kick left foot forward; step on ball of left foot
31-32 Step on right foot; hold position.

REPEAT
