

In Your Shoes

COPPER **NOB**
BY STEPHEN

拍數: 64 牆數: 4 級數: Improver
編舞者: Liz Roth (UK)
音樂: Sweet Dreams My la Ex - Rachel Stevens



RIGHT SIDE, BEHIND & LEFT HEEL & CROSS, LEFT SIDE, BEHIND & RIGHT HEEL & CROSS

1-2 Step right to right side, cross left behind right
&3&4& Step right back to right diagonal, tap left heel in front to left, & cross right over left
5-6 Step left to left side, cross right behind left
&7&8& Step left back to diagonal, tap right heel in front to right, & cross left over right

STEP RIGHT ½ PIVOT TURN TWICE, RIGHT ROCK RECOVER, RIGHT COASTER STEP

1-2 Step forward on right, pivot ½ to the left
3-4 Step forward on right, pivot ½ to the left
5-6 Rock forward on the right foot, recover back onto left
7&8 Step back on right, step left beside right, step forward right

STEP LEFT SIDE, BEHIND TURN ¼ LEFT SHUFFLE, STEP RIGHT PIVOT ½ LEFT, RIGHT SHUFFLE

1-2 Step left to left side, cross right behind left
3&4 Turning ¼ left shuffle forward left, right, left
5-6 Step forward on the right ½ pivot turn over left
7&8 Shuffle forward right, left, right

FULL TURN RIGHT, LEFT SHUFFLE, RIGHT ROCK FORWARD RECOVER, ROCK BACK RECOVER

1-2 Full turn right, stepping left ½ turn, step back on right ½ turn over right shoulder
3&4 Shuffle forward left, right, left
5-6 Rock forward on the right, recover back onto left
7-8 Rock back on right foot, recover onto left

RIGHT CROSS UNWIND ½ LEFT, LEFT COASTER TWICE

1-2 Cross right in front of left, unwind ½ over left shoulder
3&4 Step back on left, step right beside left, step forward left
5-6 Cross right in front of left, unwind ½ over left shoulder
7&8 Step back on left, step right beside left, step forward left

RIGHT SIDE ROCK, RIGHT SAILOR, LEFT SIDE ROCK LEFT SAILOR

1-2 Rock right to right side, recover onto left
3&4 Cross step right foot behind left, step left foot left, step right foot right
5-6 Rock left to left side, recover onto right
7&8 Cross step left foot right, step right foot right, step left foot left

POINT RIGHT HEEL, HOLD, 2 HEEL SWITCHES, RIGHT ROCK BACK, RECOVER RIGHT KICK BALL CHANGE

1-2 Point right heel out to right diagonal, hold for 1
&3&4& Point left heel & point right heel
5-6 Rock back on right, recover onto left
7&8 Kick right foot forward, step ball of right foot beside left, step left foot beside right

STEP RIGHT ½ PIVOT LEFT, KICK RIGHT FOOT TO RIGHT DIAGONAL & CROSS LEFT OVER RIGHT, STEP RIGHT HIP SWAYS

1-2 Step forward right, ½ pivot over left shoulder
3&4 Kick right foot to right diagonal, step back on right & cross left over right

5-6 Step right to right side with a sway right, left
7-8 Sway right, left

REPEAT
