

Inner Vision

COPPER **KNOB**
BY STEPHEN

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Sandra Le Brocq
音樂: See It in a Boy's Eyes - Jamelia



TOUCH, HEEL, SIDE TOUCH, HEEL, CROSS SHUFFLE, ROCKS, SAILOR ½ TURN RIGHT

Angling body to right diagonal

- 1& Touch ball of left foot next to right, tap right heel
- 2& Touch ball of left foot to left side tap right heel
- 3&4 Cross shuffle left-right-left to right side
- 5 Rock out to right side on right foot (bend right knee dipping weight over right side)
- 6 Rock back onto left foot (bending left knee dipping weight over left side)
- 7&8 Sailor ½ turn to the right right-left-right (6:00)

Easier version - omit the heel taps

- 9-16 Repeat counts 1-8 (12:00)

¼ TURN RIGHT SIDE STEP, BALL CHANGE, STEP, FULL TURN LEFT, SHUFFLE RIGHT, TOUCH BALL CROSS ¼ RIGHT

- 1 Large step left to left side, ¼ turning right
- 2&3 Step ball of right behind left, recover onto right large step to right side on right foot
- 4 Close left foot next to right making full turn to left
- 5&6 Shuffle to right (right, left, right)
- 7&8 Touch left toe forward draw left foot in stepping back onto ball of left behind right cross right over left (6:00)

SIDE STEP, BALL CHANGE, SIDE STEP, FULL TURN LEFT, SHUFFLE KICK BALL CHANGE

- 1 Step left a large step to left side
- 2&3 Step ball of right behind left, step left in place step large step to right on right foot
- 4 Close left foot next to right making full turn left
- 5&6 Shuffle right right-left-right
- 7&8 Kick left forward step ball of left behind right step right in place

SIDE SKATE, BEHIND, SIDE, TOUCH, STEP TOUCH TWICE, ¼ TURN, 'SIT' TOUCH, HEEL, RIGHT COASTER

- 1 Skate to left on left foot
- 2& Step right behind left, step left to left side
- 3& Touch right next to left step right next to left
- 4& Touch left out to left side, step left next to right
- 5& Touch right out to right side, ¼ turn to right on ball of left foot
- 6& Touch ball of right foot in front (right knee bent into slight "sitting" position), tap right heel (9:00)
- 7&8 Coaster step right-left-right

Easier version: omit heel tap

STEP, ¼ LEFT TURN SCISSOR, BALL CROSS, SIDE STEP, TOUCH, FULL TURN, STEP BALL CHANGE

- 1-2& Step forward onto left foot, rock forward onto right foot, ¼ turn left onto left foot (6:00)
- 3&4 Step right across left small step to side on ball of left cross step right over left
- 5-6 Step large step to the side on left, touch right beside left
- 7-8 Step right into ¾ turn to right lifting left foot beside right ankle, step ball of left behind right with ¼ turn to the right
- & Step right in place

REPEAT
