

I'm Just A Man

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate social cha
編舞者: Elaine Dunkel (USA)
音樂: I'm Just a Man - Jason Aldean



SKATE (RIGHT, LEFT) FORWARD RIGHT TRIPLE, SKATE (LEFT, RIGHT) FORWARD LEFT TRIPLE

1-2 (Skate right), angling right foot to the right, (skate left), angling left foot to the left
3&4 Forward right triple (right, left, right)
5-6 (Skate left), angling left foot to the left, (skate right), angling right foot to the right
7&8 Forward left triple (left, right, left) (end at 12:00, the starting wall)

STEP FORWARD RIGHT, ½ TURN LEFT, FORWARD RIGHT TRIPLE, STEP FORWARD LEFT, ½ TURN RIGHT, FORWARD LEFT TRIPLE

1-2 Step forward on the right foot, turn ½ turn to the left (weight on the left foot)
3&4 Forward right triple (right, left, right) (end at 6:00)
5-6 Step forward on the left foot, turn ½ turn to the right, (weight on the right foot)
7&8 Forward left triple (left, right, left) (end at 12:00)

ROCK FORWARD ON RIGHT, RECOVER LEFT, BACK RIGHT TRIPLE, ¼ TURN LEFT, LEFT TRIPLE ACROSS

1-2 Rock forward on the right foot, recover on the left foot
3&4 Step back on the right foot, step back on the left foot, step back on the right foot
5-6 Turn ¼ turn to the left, on the left foot, (recover weight on the right foot)
7&8 Cross left foot in front of right, step on right, cross left foot in front of right (end at 9:00)

RIGHT FORWARD, ½ TURN LEFT (LEFT TOUCH), LEFT COASTER STEP RIGHT FORWARD, ½ TURN LEFT (STEP ON LEFT), RIGHT KICK BALL CHANGE

1-2 Step forward on the right foot, turn ½ turn left, on the left foot (touch and hold)
3&4 Left coaster step (step left foot back, step right foot next to left, step left foot forward)
5-6 Step forward on the right foot, turn ½ turn left, on the left foot (step on the left foot)
7&8 Right kick ball change (kick right foot, step right next to left, step on left) (end at 9:00)

ROCK FORWARD ON RIGHT, RECOVER LEFT, ½ TURN TO THE RIGHT, DOING A RIGHT TRIPLE, LEFT (TOE) FRONT, LEFT (TOE) SIDE, LEFT SAILOR STEP

1-2 Rock forward on the right foot, recover on the left foot
3&4 Turn ½ turn to the right, doing a right triple (right, left, right)
5-6 Touch left toe to the front, touch left toe to the side
7&8 Left sailor step (step left behind right, step on right foot, step on left) (end at 3:00)

RIGHT (TOE) FRONT, RIGHT (TOE) SIDE, RIGHT SAILOR STEP, ROCK FORWARD ON LEFT, RECOVER RIGHT, ½ TURN TO THE LEFT, DOING A LEFT TRIPLE

1-2 Touch right toe to the front, touch right toe to the side
3&4 Right sailor step (step right behind left, step on the left foot, step on the right foot)
5-6 Rock forward on the left foot, recover on the right foot
7&8 Turn ½ turn to the left, doing a left triple (left, right, left) (end at 9:00)

REPEAT