

How Sweet It Is

COPPER **KNOB**
BY STEPHEN BRETZ

拍數: 96 牆數: 1 級數: Intermediate
編舞者: Sandra Le Brocq
音樂: How Sweet It Is - Michael Bublé



CROSS HITCH, BACK TOUCH, CROSS HITCH, SIDE TOUCH, SAILOR STEP, ¼ TURN STEP, CLOSE

1-2 Cross hitch right knee in front of left, cross touch right behind left
3-4 Cross hitch right knee in front of left, touch right to side
5-6 Step right behind left, step left to side, step right to side
7-8 ¼ turn to left stepping back on left, step right beside left (9:00)

FORWARD SHUFFLE, STEP ½ PIVOT, STEP LOCK, STEP ¾ SPIN TURN

9&10 Step forward on left, step right next to left, step forward on left
11-12 Step forward on right, ½ pivot to left (weight on left)
13-14 Step forward on right, lock step left behind right
15-16 Step forward on right, ¾ turn to right lifting left beside right ankle (12:00)

SIDE SHUFFLE, CROSS ROCK, RECOVER, STEP, SIDE SHUFFLE, STEP

17&18 Step to side on left, step right next to left, step left to side
19-20 Cross rock right behind left, step left in place
21-22& Step right to side, step left in place, step right next to left
23-24 Step left to side, step right to side (12:00)

STEP, KICK, STEP, SWEEP, TUCK, ½ TURN STEP, FORWARD SHUFFLE

25-26 Cross step left behind right, low right kick to side
27-28 Cross step right behind left, sweep left to back (skimming floor)
29-30 Tuck left behind right, ½ turn to left stepping right in place
31&32 Step forward on left, step right next to left, step forward on left (6:00)

CROSS ROCK, RECOVER, SIDE "SWING" SHUFFLE TWICE, STEP, ¼ TURN, CLOSE

33-34 Cross rock right over left, step left in place
35&36 Step right to side, step ball of left beside right, step right (straight leg) to side (left knee stays bent)
37&38 Step left in place, step ball of right beside left, step left (straight leg) to side (right knee stays bent)

Easier option - replace with regular shuffles

39-40 Step right in place, ¼ turn to right stepping left beside right (9:00)

KICK BALL CHANGE, STEP ½ PIVOT, KICK BALL CHANGE, TUCK, ¾ TURN STEP

41&42 Right kick forward, ball step back on right, step left in place
43-44 Step forward on right, ½ pivot turn to left (weight on left)
45&46 Right kick forward, ball step back on right, step left in place
47-48 Tuck right behind left (start turn to right), complete ¾ turn stepping left beside right (9:00)

HIP WALKS TWICE, BACK-TOGETHER JUMPS, CLAP, TOE-STRUT, CROSS TOE-STRUT

49-50 Facing front, lift right hip & step right to right diagonal, lift left hip & step left to left diagonal
Optional arms:- bring right palm up & slightly out to shoulder level, repeat left
&51-52 Right-left quick jumps back, closing feet (&3) clap hands
53-54 Ball-step on right to side, drop right heel
55-56 Cross ball-step left over right, drop left heel

FULL SPIN TURN, SIDE TOUCH, HOLD, SLOW SWAY, QUICK SWAYS

- 57-58 Take weight on right, spinning full turn to right, jab left to side (to "brake")
59-64 Hold (3, 4) smoothly sway to left (5, 6) small sways to right and left (7, 8)

CROSS KICK BALL-CHANGE TWICE, FORWARD "SWING" SHUFFLES, TWICE

- 65&66 Cross kick right over left, ball-step back on right, step left in place
67&68 Repeat (3&4)
69&70 ¼ turn to left stepping right to side, step left next to right, ¼ turn to right stepping right in place

Swivel on right heel if you like

- 71&72 ¼ turn to right stepping left to side, step right next to left, ¼ turn to left stepping left in place

Swivel on left heel

¼ TURN, SIDE LUNGE, RECOVER, ¾ TURN COASTER, SIDE, ½ PIVOT, ROCK-RECOVER

- 73-74 ¼ turn to left & lunge to side on right (head turned to 12:00) (jab index finger forward on word "you" if you like), recover weight on left
75&76 ¼ turn right stepping right behind left, ¼ turn right stepping left in place, ¼ turn right stepping right forward
77-78 Large step on left to side (keep weight central, ½ turn to right bringing left next to right ankle)
79-80 Large step on left to side, recover weight on right

CROSS KICK BALL-CHANGE TWICE, FORWARD SWING SHUFFLES TWICE

- 81&82 Cross kick left over right, ball-step back on left, step right in place
83&84 Repeat (3&4)
85&86 ¼ turn to right stepping left to side, step right next to left, ¼ turn to left stepping left in place

Swivel on left heel if you like

- 87&88 ¼ turn to left stepping right to side, step left next to right, ¼ turn to right stepping right in place

Swivel on heel

¼ TURN- SIDE LUNGE, RECOVER, ¾ TURN COASTER, SIDE ½ PIVOT, ROCK, RECOVER

- 89-90 ¼ turn to right & lunge to side on left (head turned to 12:00) (optional finger 'jab')recover weight on right
91&92 ¼ turn left stepping left behind right, ¼ turn left stepping right in place, ¼ turn left stepping left forward
93-94 Large step on right to side (keep weight central), ½ turn to left bringing right next to left ankle
95-96 Large step on right to side, recover weight on left

REPEAT

On 3rd sequence, do the fast turn on count 57, then add a left touch beside right before the left side jab. Hold for 1 count only then slow sways (2 counts each) left-right-left followed by 2 quick sways. Continue as usual from count 65

ENDING

After 48 counts of 4th sequence continue counting in tempo as follows:-

- 1-4 Step right forward, touch left beside right, step left forward, touch right beside left
5-6 ¼ turn left stepping right to side, look left and touch left shoulder with right hand
7 Twist body to face 12:00, bending left knee & pushing right palm to 12:00
8 Hold
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