

I Don't Know Why I Do It

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Margaret & Mike
音樂: I Don't Know Why I Do It - Mark Chesnutt



RIGHT HEEL, RIGHT HOOK, RIGHT HEEL, STEP RIGHT IN PLACE, LEFT HEEL DIG (REPEAT WITH LEFT FOOT STEPPING FORWARD ON RIGHT FOR COUNT 8)

1-2 Dig right heel forward, hook right across left shin
3&4 Dig right heel forward, step right foot in place, dig left heel forward
5-6 Dig left heel forward, hook left heel across right shin
7&8 Dig left heel forward, step left foot in place, step forward right

ROCK FORWARD LEFT, BACK ON RIGHT, LEFT SHUFFLE BACK, ROCK BACK ON RIGHT, FORWARD ON LEFT, RIGHT SHUFFLE FORWARD (OPTIONAL FULL TURN RIGHT FOR ADVANCED DANCERS)

1-2 Rock forward on left, recover weight on right
3&4 Left shuffle back
5-6 Rock back on right, recover weight on left
7&8 Right shuffle forward (12:00)

SIDE LEFT, RIGHT BEHIND LEFT, ¼ TURN LEFT SHUFFLE, HEEL SWITCHES RIGHT, LEFT, RIGHT, HOLD

1-2 Step left to side, right behind left
3&4 ¼ turn left shuffle
5&6 Right heel dig forward, step right in place, left heel dig forward
&7-8 Step left in place, dig right heel forward, hold (9:00)

BACK RIGHT, CROSS LEFT OVER RIGHT, STEP BACK RIGHT, ¼ TURN LEFT SHUFFLE, HEEL SWITCHES, RIGHT, LEFT, RIGHT, HOLD

&1-2 Step back on right, cross left over right, step back on right
3&4 ¼ turn left shuffle
5&6 Dig right heel forward, step right in place, dig left heel forward
7&8 Step left in place, dig right heel forward, hold (6:00)

POINT LEFT, HOLD, POINT RIGHT, HOLD, POINT LEFT HOLD, UNWIND ¾ LEFT, HOLD

1-2 Cross point right toe over left, hold
3-4 Point right toe to right side, hold
5-6 Cross point right toe over left, hold
7-8 Unwind ¾ turn to left, hold (9:00)

JUMP FORWARD, HOLD, JUMP FORWARD, HOLD, RIGHT HEEL DIG, LEFT HEEL DIG

1-2 Jump forward right left, hold & clap hands
3-4 Jump forward right left, hold & clap hands
5-6 Dig right heel forward angling body to right, step right in place
7-8 Dig left heel forward angling body to left, step left in place

REPEAT

RESTART

For the music "I Do It All The Time" there is a restart on the 6th sequence at the end of the instrumental (facing 6:00). Miss out the last 8 counts (jumps and heel digs) and start again. There is a second restart on the 8th wall (facing 12:00). Miss out the last 4 counts of the dance (heel digs) and start again. Finish with a cross right over left ¾ unwind left to 12:00 and pose.

