

Hot & Spicy

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: Loosen Up My Strings - Clint Black



SYNCOPATED HEEL TOUCHES, SIDE TOUCH WITH DOUBLE CLAP

- 1&2& Touch right heel forward, step right foot together, touch left heel forward, step left foot together
3&4& Touch right toes to right side, hold & clap twice, step right foot together
5&6& Touch left heel forward, step left foot together, touch right heel forward, step right foot together
7&8 Touch left toes to left side, hold & clap twice (weight ends on right foot)

CROSS OVER & UNWIND $\frac{3}{4}$ LEFT, LEFT FORWARD SHUFFLE, BUMP HIPS RIGHT TWICE, RIGHT CROSS OVER, HOLD & DOUBLE CLAP

- &1-2 Step left foot together, cross right foot over left foot, unwind $\frac{3}{4}$ left (weight ends on right foot)
3&4 Step left foot forward, step right foot together, step left foot forward
5-6 Step right foot to right side and bump hips right twice
&7&8 Step left foot back, cross step right foot over left, hold & clap twice (weight ends on right foot)

BUMP HIPS LEFT TWICE, LEFT CROSS OVER, HOLD & DOUBLE CLAP, SIDE ROCK RIGHT-LEFT-RIGHT, PIVOT $\frac{1}{2}$ LEFT

- 1-2 Step left foot to left side and bump hips left twice
&3&4 Step right foot back, cross step left foot over right, hold & clap twice (weight ends on left foot)
5-7 Step right foot to right side and rock, recover weight on left foot and rock, recover weight on right foot and rock
8 Pivot $\frac{1}{2}$ left on right foot & step left foot together (weight ends on left foot)

FORWARD & BACK COASTER STEPS, SIDE ROCK RIGHT-LEFT-RIGHT, PIVOT $\frac{1}{4}$ LEFT

- 1&2 Step right foot forward, step left foot together, step right foot back
3&4 Step left foot back, step right foot together, step left foot forward
5-7 Step right foot to right side and rock, recover weight on left foot and rock, recover weight on right foot and rock
8 Pivot $\frac{1}{4}$ left on right foot & step left foot together (weight ends on left foot)

FORWARD & BACK COASTER STEPS, RIGHT SIDE RIGHT, SLIDE LEFT TOGETHER, RIGHT CROSS OVER, HOLD

- 1&2 Step right foot forward, step left foot together, step right foot back
3&4 Step left foot back, step right foot together, step left foot forward
5-6 Step right foot to right side taking a big step, slide left foot together keeping weight on right foot
&7-8 Step left foot back, cross step right foot over left, hold

LEFT SIDE LEFT, SLIDE RIGHT TOGETHER, LEFT CROSS OVER, SCUFF RIGHT FORWARD, RIGHT JAZZ BOX WITH $\frac{1}{4}$ RIGHT

- 1-2 Step left foot to left side taking a big step, slide right foot together keeping weight on left foot
&3-4 Step right foot back, cross step left foot over right foot, scuff right foot forward
5-8 Cross step right foot over left foot, step back on left foot, step right foot turning to the right $\frac{1}{4}$ right, step left foot together

REPEAT

