

Heat, Sweat & Anxiety

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Barbara Jagusch (USA)
音樂: He's Your Problem Now - Ruby Lovett



This dance is dedicated to my Dad, who inspired me through his recent illness to never under estimate the power of prayer and to all the dancers & fellow instructors that saw us through this rough time. -- BJ

WALK 2 - HEEL SWITCHES - WALK 2 - SHUFFLE

1-2 Walk forward right, left
3& Touch right heel forward, step right besides left
4& Touch left heel forward, step left besides right
5-6 Walk forward right, left
7&8 Shuffle forward right, left right

STEP/HOLD - CROSS/HOLD - ROCK STEP - BEHIND & CROSS

1-2 Step left to left side, hold
3-4 Cross step right over left, hold
5-6 Rock left to left side, recover weight to right foot
7&8 Step left behind right, step right to right side, cross left over right

ROCK STEP - CROSSING SHUFFLE - ¾ TOE/HEEL TURN

1-2 Rock right to right side, recover weight to left foot
3&4 Crossing shuffle right, left, right
5-6 Making ¼ turn right step back on left toe, drop left heel
7-8 Making ½ turn right step forward on right toe, drop right heel

HIP BUMPS - 2 COUNT VINE - MONTEREY TURN

1&2 Step slightly forward on left bumping hips left, right, left
3-4 Cross right behind left, step left to left side
5-6 Touch right toe to right side, turn ½ turn right
7-8 Touch left toe to left side, step left next to right

REPEAT
