

Heel If I Know (P)

COPPERKNOB
STEPSHETS

拍數: 48 牆數: 0 級數: Partner
編舞者: Lori Wong (USA)
音樂: That's My Story - Collin Raye



Position: Couples start side by side in skater's position, arms are crossed: right hands together below left hands together. Lady's footwork is described. Man's is opposite footwork
This dance is dedicated to my husband who inspired the title of this dance!

SLOW ROCK FORWARD, ROCK BACK

1-2 Right rock step forward
3-4 Left step back to center (beginning) position
5-6 Right rock step back
7-8 Left step back to center

ROCK SIDE, TOGETHER, ¼ TURN AND FACE EACH OTHER, HOLD

1-2 Right rock step to right (look to right); left step ¼ turn to left (turn to face partner)
3-4 Right step next to left; hold

RIGHT TRIPLE STEP, LEFT TRIPLE STEP

5&6 Right step right; left step next to right; right step right
7&8 Left step left; right step next to left; left step left

RIGHT ROCK BACK, LEFT WALK FORWARD AND PIVOT ½ TURN TO LEFT

1-2 Right rock step back; left step forward (start turn to left)
3-4 Step right forward and pivot on ball of left foot ½ turn to left and left step back next to right
Lady steps to left side of man and exchanges position with man - facing partner and OLOD - right hands are now on top of left hands

HIP BUMPS: RIGHT TWICE, LEFT TWICE, RIGHT, LEFT, RIGHT, LEFT

5-8 Bump hips right, twice; bump hips left, twice
1-4 Bump hips to right, left, right, left

RIGHT WALK FORWARD WITH ½ TURN TO RIGHT, TOUCH LEFT NEXT TO RIGHT

5-6 Right step forward; left step forward (lady passes man on right)
7-8 Right step forward; pivot on ball of right foot ½ turn to right and left touch next to right
Lady exchanges position with man - facing partner and ILOD - left hands are now on top of right hands

LEFT ROCK, HOLD, RIGHT ROCK, HOLD

1-2 Left rock step to left; right step in place
3-4 Left step next to right; hold
5-6 Right rock step to right; left step in place
7-8 Right step next to left; hold

RIGHT GRAPEVINE WITH A ¼ TURN RIGHT, BRUSH LEFT

1-4 Right step right; left step behind right; right step ¼ turn right; left brush next to right
Skater's position facing LOD

LEFT WALK FORWARD

5-8 Left step forward; right step forward; left step forward; right touch next to left

REPEAT

