

Hangin' Tough

COPPERKNOB
BY STEPHEN

拍數: 0 牆數: 2 級數:
編舞者: Anita Ludlow (UK)
音樂: Life or Love - Alan Jackson



Sequence: AB, AB (but add counts 15 -22 once more PLUS the last four counts from Section A). Finish the dance with A A

PART A

SWITCH HEELS, SWIVELS, ¼ TURN MAMBO CROSS

1 Weight on left, dig right heel forward
&2 Step right next to left, dig left heel forward
&3 Step left next to right, small step forward on right (weight on both feet now)
&4 Swivel both heels to right, swivel both heels back center
5-6 Swivel both heels to right, swivel both heels back center
7&8 Rock right to right side, ¼ turn left recovering weight on left, cross right over left

MAMBO CROSS, ROCK FORWARD, ½ TURN TRIPLE, FULL TURN TRIPLE

1&2 Rock left to left side, recover weight on right, cross left over right
3-4 Rock forward on right, recover weight on left
5&6 Triple step right, left, right turning ½ turn right
7&8 Triple step left, right, left completing a full turn right

This can be replaced by a straight shuffle forward on left

MAMBO FORWARD, 2 X LOCK SHUFFLES BACK, MAMBO BACK

1&2 Rock forward on right, recover weight on left, step back on right
3&4 Step left back, cross right over left, step back on left
5&6 Step back on right, cross left over right, step back on right
7&8 Rock back on left, recover weight on right, step forward on left

SWITCH HEELS & STEP SLIDE, CHASSE LEFT, SAILOR SHUFFLE

1 Dig right heel forward
&2 Step right next to left, dig left heel forward
&3 Step left next to right, take a large step to right
4 Drag left in to touch next to right
5&6 Step left to left side, step right next to left, step left to left side
7&8 Swing right behind left, step left in place, step right next to left

SAILOR SHUFFLE, BEHIND UNWIND, CROSSING SHUFFLE, MAMBO WITH ¼ TURN

1&2 Swing left behind right, step right in place, step left next to right
3-4 Sweep right behind left ½ turning right by swiveling on ball of left

Weight now on right

5&6 Step left across right, step right to right side, step left across right
7&8 Rock right to right side, recover weight on left turning ¼ left, step right next to left

HALF PIVOT TURN, HALF TRIPLE TURN, STEP OUT/OUT IN/IN, TAP HEELS TWICE

1-2 Step forward on left, ½ turn right stepping onto right
3&4 Triple step left, right, left complete another ½ turn right
&5 Step small step out to right on right, step small step out to left on left
&6 Step right back in, step left next to right (weight now on both feet)
7-8 Tap both heels twice

PART B

LUNGE ROCK WITH TWO JAB PUNCHES TWICE

- 1-2 Lunge rock right out to right side, bring weight back center replacing right next to left
- 3-4 Jab punch right fist forward twice
- 5-6 Lunge rock right out to right side, bring weight back center replacing right next to left
- 7-8 Jab punch right fist forward twice

STEP FORWARD RIGHT, LEFT, SHUFFLE FORWARD RIGHT & LEFT, SYNCOPATED PIVOTS

- 9-10 Step forward on right, step forward on left
- 11&12 Shuffle forward on right
- 13&14 Step forward on right, ½ turn left stepping onto left, step forward on right
- 15&16& ½ turn left swiveling on ball of right foot lifting left leg forward

The count is 15&16& and these pivots will be repeated when Part B is danced for second time

COASTER STEP, SHUFFLE FORWARD RIGHT & LEFT

- 17&18 Step back on left, step right next to left, step forward on left
 - 19&20 Shuffle forward on right
 - 21&22 Shuffle forward on left
-