

The Hardest Word

COPPER **KNOB**
BY STEPHEN BATES

拍數: 32 牆數: 4 級數: Improver
編舞者: Helen Peers (UK)
音樂: Sorry Seems to Be the Hardest Word - Blue



ROCK CROSS SIDE, CROSS ¼ BACK, ROCK BACK AND FORWARD, LEFT LOCK STEP

1&2 Cross rock right over left, recover onto left, step right to right side
3&4 Cross left over right, step back onto right turning ¼, stepping back on left
5&6 Rocking back onto right, recover forward onto left, and step forward onto right
7&8 Stepping left forward, lock right behind left, stepping forward left

ROCK AND CROSS, SIDE BEHIND ¼, TRIPLE FULL TURN, MAMBO STEP

1&2 Rock right to right side, recover onto left, cross right over left
3&4 Left to left side, right behind left, step forward left making ¼ turn
5&6 Making triple full turn (right, left, right)
7&8 Left rock, recover onto right, step left in place

COASTER STEP, ROCK AND HALF TURN, TRIPLE FULL TURN, MAMBO STEP

1&2 Back right, left together, step forward onto right
3&4 Rock onto left, recover onto right, step forward left making ½ turn
5&6 Making full turn (right, left, right)
7&8 Rock forward onto left, recover back onto right, place weight onto left

ROCK AND CROSS TWICE, SIDE BEHIND ¼, STEP ½ STEP

1&2 Right rock to right side, replace weight onto left and cross right over left
3&4 Left rock to left side, replace weight onto right and cross left over right
5&6 Step right to right side, left behind, turn ¼ stepping forward onto right
7&8 Step forward onto left, pivot half turn, step forward left

REPEAT
