

Healy's Hornpipe

COPPERKNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Maggie Gallagher (UK)
音樂: Dance of Love - Ronan Hardiman



CROSS ROCK, STEP, CROSS, STEP, STEP, ROCKS, ¼ TURN, SHUFFLE RIGHT-LEFT-RIGHT

1-2 Cross rock right over left. Rock back onto left
&3 Step to right side, cross left over right
4 Step right to right side
&5 Step left next to right, rock right to right side
6 Rock left to left side in place
7 ¼ turn right, step right forward
&8 Step left in place, step right forward

SCUFF, STOMP, ¼ TURN RIGHT, SCUFF, STOMP, SAILOR SHUFFLE, TOE, HOLD

9-10 Scuff left forward, stomp left forward
11-12 ¼ right, scuff right forward, stomp right forward
13& Cross left behind right, step right to right side
14 Step left in place
15 Touch right toe behind left (weight on left)
16 Hold

Arms: left arm to diagonally point down to left side. Right elbow bent, arm to left side, pointing downwards as well. This lasts for a count of four

Should now be facing back wall

STOMP RIGHT, STOMP LEFT, HEELS OUT, IN, OUT, IN

17-18 Stomp right keeping it behind left. Stomp left foot in front of right
&19 Bring heels out to side, then back in
&20 Bring heels out to side, then back in

Left foot should still be in front to right

¼ RIGHT, STOMP RIGHT IN FRONT OF LEFT, STOMP LEFT BEHIND RIGHT, HEELS OUT, IN, OUT, IN

21 ¼ turning right, stomp right in front of left

Right arm to diagonally point down to right side. Left elbow bent, arms to right side pointing downwards as well

22 Stomp left behind right
&23 Bring heels out to side, then back in
&24 Repeat, bring heels out to side, then back in

Right should now be in front of left

RUNNING STEP BALLS ON RIGHT (LIKE IN DANCING VIOLINS)

25 Step forward on right
& Step on ball of left behind right
26& Step forward on right, step on ball of left behind right
27& Step forward on right, step on ball of left behind right
28 Step forward on right

½ TURN RIGHT, RONDE LEFT ROUND, SHUFFLE LEFT FORWARD

29-30 Ronde left foot around ½ turning right at same time
31&32 Step forward left, step right in place, step forward left

REPEAT

