

Get On It!

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數:
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音樂: You Ain't Lonely Yet - Big House



STOMP, KICK-BALL-STEP, STEP FORWARD, HEEL SWIVELS & TURN ¼ LEFT, HOLD, STEP BACK & TOUCH

- 1 Stomp right foot next to the left (keep weight on the left foot)
- 2 Kick the right foot forward
- & Step on the ball of the right foot next to the left
- 3 Step forward on the left foot
- 4 Step forward on the right foot
- 5 Swivel heels to the right, turning body slightly to the left
- & Swivel heels to the left, turning body forward again
- 6 Swivel heels to the right, turning body ¼ turn to the left
- 7 Hold
- & Step back on the left foot
- 8 Touch the right toe next to the left foot

STEP FORWARD, HOLD, STEP FORWARD, HOLD, STEP FORWARD, TURN ½ LEFT, STEP BACK, TOUCH

- 9 Step forward on the right foot
- 10 Hold
- & Roll hips forward, while drawing the left foot next to the right (taking weight)
- 11 Step forward on the right foot
- 12 Hold
- & Roll hips forward, while drawing the left foot next to the right (taking weight)
- 13 Step forward on the right foot
- 14 Turn ½ turn to the left, keep weight on the right foot
- 15 Step back on the left foot
- 16 Touch the right toe next to the left foot

FORWARD, DRAW, FORWARD, DRAW RIGHT, ½ MONTEREY TURN

- 17 Step right at a 45 degree angle onto the right foot
- 18 Slide the left foot next to the right foot and snap fingers
- 19 Step left at a 45 degree angle onto the left foot
- 20 Slide the right foot next to the left foot and snap fingers
- 21 Point the right toe out to the right side
- 22 Pivot ½ turn right on the ball of the left foot, step right foot next to left
- 23 Point the left toe out to the left side
- 24 Touch the left toe next to the right foot

STEP BACK/CROSS, STEP BACK/TOUCH, STEP ½ TURN, CROSS, UNWIND

- &25 Step back on the left foot and tap right heel forward
- &26 Step forward on the right foot and cross the left foot over the right
- &27 Step back on the right foot and tap left heel forward
- &28 Step forward on the left foot and touch right toe next to left
- 29 Step forward on the ball of the right foot
- 30 Pivot ½ turn left, shifting weight to the left foot
- 31 Cross the right foot over the left foot
- 32 On the balls of both feet, unwind ½ turn to the left (keep weight on the left)

REPEAT
