

Forty's 64 (2005)

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 2 級數: Intermediate east coast swing
編舞者: Forty Arroyo (USA)
音樂: Singin' The Blues - The Kentucky Headhunters



Kathy Sharpe-Arrant and the NY Stompers performed this dance on National TV at the Wildhorse Saloon in Nashville TN

BALL STEP, HOLD & CLAP, REPEAT, REPEAT, BALL STEP, STAMP

- &1-2 Step in place on ball of right, step left forward, hold & clap
- &3-4 Repeat steps &1-2
- &5-6 Repeat steps &1-2
- &7-8 Step in place on ball of right, step left forward, stamp right next to left (no weight)

ROCK, RECOVER, ROCK RECOVER, ROCK RECOVER, STEP SIDE RIGHT, STAMP

- 1-2 Rock back on right turning ¼ right, recover on left
- 3-4 Rock right side turning ¼ left, recover on left
- 5-6 Rock back on right turning ¼ right, recover on left
- 7-8 Step right to side turning ¼ left, stamp left next to right (weight on right)

HOP, HOP, STOMP, STAMP, POINT OUT, POINT IN, ROLL HIPS

- 1-4 (While hitching left) hop on right, hop on right, stomp left next to right, stamp right next to left (no weight)
- 5-8 Touch right toes to side, stomp right next to left, roll hips counter to the right for 2 counts

HEEL TAP, TOE TOUCH, POINT RIGHT, POINT LEFT, POINT RIGHT, CROSS RIGHT, UNWIND ½ LEFT, CLAP, CLAP

- 1-2 Tap right heel forward, touch right toes next to left
- 3&4 Touch right to side, step right next to left, touch left to side
- &5-6 Step left next to right, touch right to right side, cross right over left
- 7&8 Unwind ½ to left (weight on left), clap, clap

HEEL TAP, TOE TOUCH, POINT RIGHT, POINT LEFT, POINT RIGHT, CROSS RIGHT, UNWIND ½ LEFT, CLAP, CLAP

- 1-2 Tap right heel forward, touch right toes next to left
- 3&4 Touch right to right side, step right next to left, touch left to left side
- &5-6 Step left next to right, touch right to right side, cross right over left
- 7&8 Unwind ½ to left (weight on left), clap, clap

½ TURN MONTEREY RIGHT, POINT, STEP, ROLL HIPS FORWARD & BACK, FORWARD & BACK

- 1-2 Touch right to right side, turning ½ to right - step right next to left
- 3-4 Touch left to left side, step left next to right
- 5-6 Stepping forward slightly on right - roll hips forward, roll hips back
- 7-8 Roll hips forward, roll hips back (weight ends on left)

BIG STEP FORWARD, STEP TOGETHER, OUT, OUT, IN, IN, BACK, BACK, FORWARD, FORWARD, REPEAT

- 1-2 Big step forward on right, step left next to right
- &3&4 Step right to side, step left to side, step right to side, step left to side
- &5&6 Step back on right, step back on left, step forward on right, step forward on left
- &7&8 Repeat steps &5&6

ROCK, RECOVER, TRIPLE IN PLACE (RIGHT & LEFT)

1-2-3&4 Rock right to right side, recover on left, triple in place - right, left, right

5-6-7&8 Rock left to left side, recover on right, triple in place - left, right, left

REPEAT

TAG

If using "Three Days" by Mandy Barnett, after the 3rd wall, dance the following:

ROCK RECOVER, ROCK RECOVER, PIVOT ½ LEFT, PIVOT ½ LEFT (REPEAT)

1-4 Rock forward on right, recover on left, rock back on right, recover on left

5-8 Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn to left

9-16 Repeat

If using "Singing The Blues" by The Kentucky Headhunters, each time you return to the 12:00 wall, dance the following, then restart the dance

ROCK, RECOVER, PIVOT ½ LEFT, PIVOT ½ LEFT

1-6 Rock back on right, recover on left, step forward on right, pivot ½ left, step forward on right,
pivot ½ left
