

Fighting Fit!

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Paulette Hylands (UK)
音樂: What Am I Fighting For - Unklejam



TOUCH RIGHT SWIVEL RIGHT & TOUCH, STEP BACK, BACK COASTER CROSS, TOUCH, CROSS, RIGHT BACK STEP, LEFT SIDE STEP AND POP

1-2 Touch right toe to side, turn $\frac{1}{4}$ right (weight to left)
3 Step right back
4&5 Step left back, cross right over left, turn $\frac{1}{4}$ right and touch left toe to side
6-7 Cross left over right, step right back
8 Step left to side

Pop knee

RIGHT SIDE SHUFFLE TURN $\frac{1}{4}$, SWIVEL $\frac{3}{4}$ WITH TOUCH, STEP RIGHT, LEFT FORWARD ROCK & CROSS

1&2 Step right to side, step left together, turn $\frac{1}{4}$ right and step right forward
3-4 Step left forward, turn $\frac{3}{4}$ right and touch right together
5-6 Step right to side, rock left forward
7&8 Recover to right, step left together, cross right over left

LEFT TOE STRUT, RIGHT TOE STRUT WITH TURN $\frac{1}{4}$, SWIVEL $\frac{1}{4}$ RIGHT, POINTING LEFT TO SIDE, RECOVER, TOUCH RIGHT TO SIDE, RECOVER

1-2 Touch left toe to side, drop heel
3-4 Touch right toe forward, turn $\frac{1}{4}$ right and drop heel
5-6 Turn $\frac{1}{4}$ right and touch left toe to side, step left together
7-8 Touch right toe to side, touch right together

RIGHT SIDE ROCK, RECOVER, STEP RIGHT $\frac{1}{4}$ RIGHT, LEFT SIDE TOUCH, RECOVER, RIGHT FORWARD ROCK, RECOVER, STEP RIGHT $\frac{1}{4}$ RIGHT, LEFT SIDE TOUCH, RECOVER, RIGHT FORWARD TOUCH

1&2 Rock right to side, recover to left, step right forward
3-4 Turn $\frac{1}{4}$ right and touch left toe to side, step left together
5-6 Rock right forward, recover to left
&7 Turn $\frac{1}{4}$ right and step right forward, touch left toe to side
&8 Step left together, touch right toe forward

REPEAT

TAG

When you face the front for 2nd time

1-4 With right toe still touching forward, bounce both heels 4 times