COPPER KNOB

拍數: 64

牆數: 2

級數: Intermediate



編舞者: Ann

音樂: I Could Fly - Keith Urban

TOE HEEL STOMPS, JUMPING MONTEREY

- 1&2 Tap right toe in front of left, tap right heel in front of left, stomp right foot in front of left
- 3&4 Repeat with left foot, tap left toe in front of right, tap left heel in front of left, stomp left foot in front of right
- 5&6 Point right toe out to right side, turn ½ turn right placing right next to left and putting weight onto right foot, point left toe out to left side
- &7&8 Place left foot next to right putting weight onto left foot, point right toe out right side, turn ½ turn right placing right next to left and putting weight onto right foot, point left toe out to left side

$\ensuremath{^{14}}$ TURN, ROCK FORWARD TRIPLE TURN, STEP FORWARD STEP SIDE TAKE WEIGHT, $\ensuremath{^{14}}$ TURN SCUFF RIGHT AND TOUCH

- &1-2 Bring left foot back next to right and put weight on left, turn ¼ left while rocking forward on right foot, rock back onto left foot
- 3&4Turn ½ turn right stepping forward with right, turn ½ turn right stepping left foot back, turn ½
turn right stepping right foot forward (triple turn)
- 5&6 Step left foot across right, step right to right side, transfer weight onto left foot
- 7-8 Pivot 1/4 left on left foot while scuffing right foot next to left, touch right toe to right side

HEEL SWITCHES WHILE TURNING ¼ LEFT, ROCK FORWARD, AND SAILOR

- 1&2 Place right heel out in front, transfer weight back to right foot, place left heel out in front
- &3&4 Transfer weight back to left foot turn ¼ left while placing right heel out in front, transfer weight back to right foot, place left heel out in front
- &5-6 Transfer weight back onto left, rock forward on right foot, rock back onto left foot
- 7&8 Step right behind left, step left to left side, take weight onto right at center (sailor shuffle)

SAILOR, CROSS TURN ¾, HIP SWAYS

- 1&2 Step left behind right, step right to right side, take weight onto left at center (sailor shuffle)
- 3-4 Cross right foot over left turning ³/₄ left to unwind
- 5-6 Hip sway to the right, hip sway to the left
- 7-8 Repeat steps 5-6

SIDE STEPS WITH FULL TURN, STEP LEFT, TOUCH RIGHT

- 1-2 Step right foot to right side, step left foot behind right
- 3-4 Repeat step 1-2
- 5-6 Pivot full turn right on right foot
- 7-8 Step left foot to left side, touch right foot in front of left

STEP TOUCHES, STEPS TO THE SIDES, CROSS AND STOMP

- 1-2 Step right foot forward, touch left toe behind right
- 3-4 Repeat step 1-2
- 5-6 Step right to right side, step left to left side
- 7-8 Cross right foot over left, stomp left foot to left side

CROSS KICKS, SIDE ROCK, CROSS ½ TURN, HOLD FOR 2 BEATS

- 1-2 Kick right leg twice in front of left leg
- 3-4 Rock right foot to right side, replace weight back onto left foot

- 5-6 Cross right foot over left and turn ½ turn left
- 7-8 Hold for 2 beats

SIDE TOUCH AND HOLD, TOUCH BEHIND AND HOLD

- 1-2 Touch right to right side and hold
- 3-4 Touch right toe behind left and hold
- 5-6 Repeat steps 1-2
- 7-8 Repeat step 3-4

REPEAT

TAG

At the start of the sixth sequence you do the first 4 steps (toe heel stomps) and then start again. So you do 4 toe heel stomps in stead of the normal 2.

There is also a hold for 2 beats during the sixth sequence after your triple turn side rock and turn scuff hold for 2 beats before you start your heel switches.