

The Flying Scots (P)

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 0 級數: Partner
編舞者: John Sharman (UK) & Pete Cranwell (UK)
音樂: Voices Of The Highlands - Speed Limit



Position: Sweetheart position

TOE, HEEL, STEP, LOCK, STEP

1-2 Touch right toe to left instep, touch right heel to left instep
3&4 (Traveling forward diagonally right) Step forward on right, lock left behind right, step forward on right

TOE, HEEL, STEP, LOCK, STEP

5-6 Touch left toe to right instep, touch left heel to right instep
7&8 (Traveling forward diagonally left) Step on forward on left, lock right behind left, step forward on left

ROCK, RECOVER, SAILOR TURN

9-10 Rock forward on right, recover on left
11&12 Sweep right behind left making a quarter turn right, step on left making a further quarter turn right, step on right beside left

STEP, LOCK, STEP. STEP, LOCK, STEP

13&14 Step forward on left, lock right behind left, step forward on left
15&16 Step forward on right, lock left behind right, step forward on right

ROCK, RECOVER, SAILOR TURN

17-18 Rock forward on left, recover on right
19&20 Sweep left behind right making a quarter turn left, step on right making a further quarter turn left, step on left beside right

SHUFFLE HALF TURN LEFT TWICE

Drop right hands, hold left hands high

21&22 Shuffle forward on right, left, right while making a half turn to the left
23&24 Shuffle back on left, right, left, while making a further half turn left

SIDE, TOGETHER, HEEL, HOOK, STEP, LOCK, STEP

25&26& Touch right toe to right side, touch right toe next to left foot, touch right heel forward, hook right foot in front of left shin
27&28 Step forward on right, lock left behind right, step forward on right

SIDE, TOGETHER, HEEL, HOOK, STEP, LOCK, STEP

29&30& Touch left toe to left side, touch left toe beside right foot, touch left heel forward, hook left heel in front of right shin
31&32 Step forward on left, lock right behind left, step forward on left

REPEAT