

Follow The Rainbow

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver social cha
編舞者: Andy Chumbley (USA)
音樂: Making Memories of Us - Keith Urban



WALK RIGHT, LEFT, SIDE ROCK, WALK LEFT, RIGHT, SIDE ROCK

1-2 Step right forward, step left forward
3&4 Rock right to side, recover on left, step right together
5-6 Step left forward, step right forward
7&8 Rock left to side, recover on right, step left together (12:00)

ROCK RECOVER, TURNING SHUFFLE, TURN, ¼ TURN TO LEFT

1-2 Rock right forward, recover to left
3&4 Turn ¼ right and step right to side, step left together, turn ¼ right and step right forward
5-6 Step left forward, turn ½ right (weight to right)
7&8 Step left forward, turn ¼ left and step right forward, step left to side (9:00)

WALK RIGHT, LEFT, ¼ TURN TO LEFT, DRAG STEP, SIDE ROCK CROSS

1-2 Step right forward, step left forward
3&4 Step right forward, turn ¼ left and step left to side, touch right together
5-6 Step right diagonally back, drag left toward right
7&8 Step left to side, cross/rock right behind left, recover to left (6:00)

¼ TURN LEFT, COASTER, FULL TURN RIGHT, SIDE ROCK CROSS

1-2 Step right back, turn ¼ left and step left back
3&4 Step right back, step left together, step right forward
5-6 Turn ½ right and step left back, turn ½ right and step right forward

Or simply step forward left, right

7&8 Rock left to side, cross/rock right behind left, recover to left (3:00)

REPEAT

TAG

At the end of wall 7

1-4 Step right to side, touch left toe behind right, step left to side, hold (9:00)

OPTIONAL ENDING

For a nice finish at the end, start wall 12 and do set one (1-8) and counts 1-2, 3&4 of the second set, the music slows at about count 4. Slow count 5-6, 7&8 to the music, changing 7&8 to 7-8 stepping forward on the left turning ¼ turn right (facing the front) with weight on right while folding arms (just after count 7) and bowing head holding until music stops