

Feel A Change

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Phill Morris
音樂: I Feel a Heartache - Danni Leigh



HEEL STRUTS & ROCKS

1-2 Touch right heel forward, snap toe down weighting right foot
3-4 Rock back on left foot, rock weight forward onto right foot, pushing hips in direction of rock
5-6-7-8 Repeat 1-4 starting on left foot

WEAVE LEFT, CROSS ½ UNWIND, LEFT COASTER

1-2 Cross right over left, step left to side
3-4 Cross right behind left' step left to left side
5-6 Cross right in front of left, unwind ½ turn left(weight on right foot)
7&8 Step back on left, step right beside left, step forward on left

MAMBO BOX & HOLDS

1-2 Step right foot to right side, step left foot beside right
3-4 Step forward on right foot, hold for one count
5-6 Step left to left side, step right beside left
7-8 Step back slightly to the left leaving right heel extended forward and hold for one count

VAUDEVILLE HOPS & ¾ MONTEREY TURN

& Bring right foot in place beside left
1 Cross left over right, coming back into line of dance
& Step right to right side
2 Tap left heel diagonally to the left
&3&4 Repeat &1&2 starting with left foot
5 Touch right toe to right side
6 Turn ¾ turn to right on ball of left foot & bring right foot beside left and apply weight
7 Touch left toe to left side
8 Step left foot in place beside right, apply weight

REPEAT
