

Everyday Distraction

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Improver
編舞者: Max Perry (USA)
音樂: Button Off My Shirt - Ronnie Milsap



WALK FORWARD, FORWARD, FORWARD, MAMBO ROCK FORWARD, BACK TURNING ¼ RIGHT, SIDE, CROSS IN FRONT, FORWARD TURNING ¼ RIGHT, MAMBO ROCK FORWARD

- 1-2-3-4& Walk forward right, left, right, rock left forward, step right in place (recover)
5 Step left back and turn ¼ right
6&7 Step right to right side, cross left over right, turn ¼ right and step right forward (6:00)
8& Rock left forward, step right in place (recover)

DIAGONAL STEP BACK, TOUCH HEEL FORWARD, DIAGONAL STEP BACK, TOUCH HEEL FORWARD, BACK ROCK, ¼ PIVOT TURN RIGHT

- 1-2-3-4 Step left diagonally back, touch right heel forward, step right diagonally back, touch left heel forward
5-6-7-8 Rock left back, step right in place (recover), step left forward & turn ¼ right, step right in place

CROSS, SIDE, SAILOR SHUFFLE, CROSS, SIDE, SAILOR SHUFFLE

- 1-2 Cross left over right, step right to right side
3&4 Cross left behind right, step right to right side, step left in place
5-6 Cross right over left, step left to left side
7&8 Cross right behind left, step left to left side, step right in place

CROSS, POINT, CROSS, POINT, JAZZ BOX TURNING ½ LEFT, SHUFFLE FORWARD

- 1-2-3-4 Cross step left over right, touch right toe to right side, cross step right over left, touch left toe to left side
5-6 Cross left over right starting to turn left, step right back finishing a ½ turn left
7&8 Left shuffle forward - left, right, left

4 - ¼ PIVOT TURNS

- 1-2 Step right forward & turn ¼ left, step left in place
3-4 Step right forward & turn ¼ left, step left in place
5-6 Step right forward & turn ¼ left, step left in place
7-8 Step right forward & turn ¼ left, step left in place

FORWARD ROCK TO ½ RIGHT TURN, FORWARD TRIPLE, ½ PIVOT TURN RIGHT, FORWARD TRIPLE

- 1-2 Rock right forward, step left in place & turn ½ right
3&4 Right shuffle forward - right, left, right
5-6 Step left forward & turn ½ right, step right in place
7&8 Left shuffle forward - left, right, left

REPEAT
