

8 Days A Week

COPPER KNOB
BY STEPHEN METELNICK

拍數: 64 牆數: 4 級數:
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: Eight Days a Week - The Beatles



RIGHT FORWARD, LEFT KICK FORWARD, LEFT CROSS STEP, RIGHT BACK, LEFT BACK, RIGHT KICK FORWARD, RIGHT CROSS STEP, LEFT BACK

- 1-4 Step right foot forward, kick left foot forward, cross step left foot over right, step right foot back
5-8 Step left foot back, kick right foot forward, cross step right foot over left, step left foot back

RIGHT TOE STEP, LEFT CROSS OVER TOE STEP, RIGHT SIDE SHUFFLE TURNING ¼ LEFT, LEFT ROCK BACK & RECOVER

- 1-4 Touch right toes to right side, press right heel down, touch left toes to left side, press left heel down
5&6 Step right foot to right side, step left foot together, step right foot to right side turning ¼ left
7-8 Rock left foot back, recover weight on right foot

LEFT TOE STEP, RIGHT CROSS OVER TOE STEP, LEFT TO LEFT SIDE, ¼ RIGHT PIVOT, LEFT FORWARD SHUFFLE

- 1-4 Touch left toes to left side, press left heel down, touch right toes to right side, press right heel down
5-6 Step left foot to left side, pivot ¼ right (alternate steps - rock left foot to left side, recover weight on right foot turning ¼ right)
7&8 Step left foot forward, step right foot together, step left foot forward

RIGHT FORWARD, ½ LEFT PIVOT, ¼ LEFT & RIGHT TO RIGHT SIDE, LEFT KICK FORWARD, BACK 3, RIGHT TOUCH

- 1-4 Step right foot forward, pivot ½ left, turning ¼ left step right foot to right side, kick left forward
5-8 Step left foot back, step right foot back, step left foot back, touch right together

RIGHT TO RIGHT SIDE, HOLD, LEFT ROCK BACK & RECOVER WITH DOUBLE CLAP, ¼ RIGHT & LEFT TO LEFT SIDE, RIGHT ROCK BACK & RECOVER WITH DOUBLE CLAP

- 1-2 Step right foot to right side, hold
3&4 Rock left foot back, recover weight on right foot & clap, clap again
5-6 Turning ¼ right step left foot to left side, hold
7&8 Rock right foot back, recover weight on left foot & clap, clap again

RIGHT TO RIGHT SIDE, HOLD, LEFT ROCK BACK & RECOVER WITH DOUBLE CLAP, ¼ RIGHT & LEFT TO LEFT SIDE, RIGHT ROCK BACK & RECOVER WITH DOUBLE CLAP

- 1-8 Repeat counts 33-40

VINE RIGHT 2, RIGHT SIDE SHUFFLE, WEAVE RIGHT 2, ½ LEFT & LEFT TO LEFT SIDE, RIGHT TOUCH & CLAP

- 1-2 Step right foot to right side, cross step left foot behind right
3&4 Step right foot to right side, step left foot together, step right foot to right side (angle body towards right diagonal as you shuffle)
5-6 Cross step left foot over right, step right foot to right side
7-8 Turning ½ left on right foot step left foot to left side, touch right together & clap (thanks Sheila!!)

VINE RIGHT 2, ¼ RIGHT SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT, ¼ RIGHT & LEFT TO LEFT SIDE, RIGHT TOUCH

- 1-2 Step right foot to right side, cross step left foot behind right
- 3&4 Turning $\frac{1}{4}$ right step right foot forward, step left foot together, step right foot forward
- 5-8 Step left foot forward, pivot $\frac{1}{2}$ right, turning $\frac{1}{4}$ right step left foot to left side, touch right together

REPEAT

RESTART

Restart the dance after completing counts 1-32 when facing left side wall (after 3rd repetition) and then again on the right side wall (after 5th repetition).
