

Don't Be Afraid (You Can Fly)

COPPER **NOB**
BY STEPHEN

拍數: 64 牆數: 2 級數: Advanced
編舞者: High-Spirited Couple (DE)
音樂: The Spirit of the Hawk - Rednex



RUNNING MAN, ¼ TURN, KICK BALL SIDE, ¾ TURN, RUNNING MAN

- &1&2& Hitch right, jump forward right and back left, jump to center and hitch left, jump forward left and back right, jump to center and hitch right with ¼ turn left
- 3-4&5 Step right to right side, kick left forward, step left next to right, touch right to right side
- 6-7&8 ¾ turn left with hitch right, jump forward right and back left, jump to center and hitch left, jump forward left and back right

RUNNING MAN, ¼ TURN, RUNNING MAN, ¼ TURN, KICK, CROSS, POINT, ¾ TURN, POINT

- &1&2 Jump to center and hitch right, jump forward right and back left with ¼ turn right, jump to center and hitch left, jump forward left and back right
- &3&4 Jump to center and hitch right, jump forward right and back left, jump to center and hitch left, jump forward left and back right with ¼ turn left
- 5&6 Kick right forward, cross right in front of left, touch left back
- 7-8 ¾ turn left, touch right to right side

KICK, CROSS, POINT, SCUFF, CROSS, SWEEP, ¼ TURN, BODY ROLL

- 1&2 Kick right forward, cross right in front of left, touch left to left side
- 3-4 Scuff left, cross left in front of right
- 5-6 Sweep right forward, touch right in front of left
- 7-8 ¼ turn left with body roll

ARM MOVE WITH STEPS

- 1 Stretch right arm to right side, look at right hand, step left slightly to left side
- 2 Stretch left arm to left side, look at left hand, step right slightly to right side
- 3-4 Close arms in front of you (arms are stretched), bring hands slightly closer to you
- 5-6 Circle arms in front of you (right up, left down)
- 7 Make fists, bring arms close to you, step right to center
- 8 Arms down, step left next to right

CALF CROSS JUMPS, RUNNING MAN

- 1&2& Jump feet shoulder apart, jump to center with right leg crossed in front of left, jump feet shoulder apart, jump to center with right leg crossed behind left
- 3&4 Jump feet shoulder apart, jump to center with right leg crossed in front of left, jump feet shoulder apart (weight right)
- &5&6 Jump to center with left leg crossed behind right, jump feet shoulder apart, jump to center with left leg crossed in front of right, jump feet shoulder apart
- &7&8 Jump to center with left leg crossed behind right, jump feet shoulder apart, jump to center and hitch left, jump forward left and back right

KICK BALL CHANGE, ½ PIVOT, FULL TURN, STEP, HOPS FORWARD

- 1&2 Kick right forward, step right next to left, step left next to right
- 3-4 Step right forward, ½ pivot turn left
- 5-6 Full turn left
- 7&8 Step right forward, cross left leg behind right and jump forward twice

¼ TURN, SLIDE BACK, HEEL JACKS, STOMPS

- &1-2 ¼ turn right, slide left back, touch right next to left

- &3&4 Step right back and slightly to right, touch left heel forward and slightly to left, step left to center, step right next to left
- &5&6 Step left back and slightly to left, touch right heel forward and slightly to right, step right to center, step left next to right
- 7-8 Stomp right forward, stomp left next to right slightly to left

APPLE JACKS, ½ TURN, ½ TURN, SWEEP, CROSS, SWEEP, POINT, ¾ TURN

- &1 (Weight left heel and right ball) turn toe apart, turn to center
- &2 (Weight right heel and left ball) turn toe apart, turn to center
- 3-4 ½ turn left step right back, ½ turn left sweep left back
- 5-6 Cross left behind right, sweep right back
- 7-8 Touch right behind left, ¾ turn right (weight left)

REPEAT

TAG

At the 5th time change you dance counts 1-32, then the last 24 counts twice. Then begin at the top. At the 7th time change stop dancing after count 32.
