

Don't Be Messin'

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Frank Cooper (CAN)
音樂: Don't Mess With the Radio - Nivea



STEP FORWARD, SHUFFLE FORWARD, STEP FORWARD, ROCK STEP FORWARD, COASTER STEP

- 1 Step forward on right foot
- 2&3 Step forward on left foot, bring right foot up to left, step forward on left
- 4 Step forward on right foot
- 5-6 Rock forward on left foot, recover onto right foot
- 7&8 Step back on left foot, step together with right foot, step forward on left foot

ROCK STEP FORWARD, TRIPLE ½ TURN RIGHT, HEEL SWITCHES, TOUCH, TWIST, TWIST

- 9-10 Rock forward on right foot, recover onto left foot
- 11&12 Triple step a ½ turn right stepping right, left, right
- 13&14 Touch left heel forward, step left foot home, touch right heel forward
- &15&16 Bring right foot home, touch left toe forward, twist both heels to the left, bring both heels home to center

MASHED POTATOES, COASTER STEP, TWO STEP ½ TURN LEFT, COASTER

- &17 Swivel both heels out to sides while slightly lifting right foot off the floor, touch right toe in front of left foot
- &18 Swivel both heels out to sides while slightly lifting right foot off the floor, step back on right foot
- 19&20 Step back on left foot, step together with right foot, step forward on left foot
- 21-22 Step right foot to side making a ¼ turn left, step back on left foot making a ¼ turn left
- 23&24 Step back on right foot, step together with left foot, step forward on right foot

TOUCH FORWARD, STEP FORWARD, TOUCH FORWARD, STEP FORWARD, SIDE ROCK, CROSSING SAILOR ¼ TURN LEFT

- 25-26 Touch left toe forward, step forward on left foot
- 27-28 Touch right toe forward, step forward on right foot
- 29-30 Rock left foot out to the left side, recover onto right foot
- 31&32 Step left foot across right foot, step back on right foot ¼ turn left, step back on left foot

REPEAT
