

Don't Ruin It!

COPPER KNOB
BY STEPHEN T. C.

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK)
音樂: Don't Ruin It for the Rest of Us - Joe Nichols



On the word "don't", start to count "6-7-8" & you will start the dance on the word "Rest" with the Kick-Ball-Change

KICK BALL CROSS, TWICE CHASSE ¼ TURN RIGHT, CROSS LEFT OVER RIGHT, UNWIND ¾ TURN RIGHT

1&2 Right kick ball cross
3&4 Right kick ball cross
5&6 Chasse ¼ turn right
7-8 Cross left over right, unwind ¾ turn right, weight to end on right (12:00)

KICK BALL CROSS, TWICE CHASSE ¼ TURN LEFT, CROSS RIGHT OVER LEFT, UNWIND ¾ TURN RIGHT

1&2 Left kick ball cross
3&4 Left kick ball cross
5&6 Chasse ¼ turn left
7-8 Cross right over left, unwind ¾ turn left weight to end on left (12:00)

ROCK FORWARD REPLACE, ROCK BACK REPLACE, PIVOT ½ TURN, SHUFFLE FORWARD

1-2 Rock forward on right, replace weight on left
3-4 Rock back on right, replace weight on left
5-6 Step forward right, pivot ½ left (6:00)
7&8 Shuffle forward right

ROCK FORWARD REPLACE, ROCK BACK REPLACE, PIVOT ¼ TURN RIGHT, CROSS SHUFFLE

1-2 Rock forward on left, replace weight on right
3-4 Rock back on left, replace weight on right
5-6 Step forward on left, pivot ¼ turn right (9:00)
7-8 Cross shuffle left over right

STEP HOLD, BALL SIDE HOLD, LEFT SAILOR, RIGHT SAILOR

1-2 Step right to right side, hold
&3-4 Step left next to right, step right to right side, hold on count 4
5&6 Sailor left
7&8 Sailor right

HALF TURN LEFT, TOE HEEL STRUTS

1-2 Cross left behind right, unwind ½ turn left weight to end on left (3:00)
3-4 Toe heel strut right
5-6 Toe heel strut left
7-8 Toe heel strut right (note: struts to travel forward)

ROCK REPLACE & COASTER STEP, PIVOT ½ TURN AND SHUFFLE

1-2 Rock forward left, replace weight on right
3&4 Left coaster
5-6 Step forward on right, pivot ½ left (9:00)
7&8 Shuffle forward right, left, right

KICK BALL STEP, KICK BALL STEP, STEP FORWARD LEFT AND HOLD FOR 3 COUNTS

1&2 Kick left forward, step left next to right, step forward right

3&4 Kick left forward, step left next to right, step forward right

5-6-7-8 Step forward left, hold for 3 counts, & shout "6-7-8" or click fingers for 3 counts

REPEAT

When the tempo changes, keep going through at the end wall to face the front
