

Cypress Groove

COPPER KNOB
BY STEPHENETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: Cypress Grove - The GrooveGrass Boyz



STOMP, BRUSH, (IN AN ARC), SAILOR SHUFFLE, STOMP, BRUSH, (IN AN ARC), SAILOR SHUFFLE

1-2 Stomp right foot forward, brush right in an arc
3&4 Sailor -- step right behind left, step left to left side, step right foot forward
5-6 Stomp left foot forward, brush left in an arc
7&8 Sailor -- step left behind right, step right to right side, step left foot forward

STOMP, CLAP, ¼ TURN LEFT, CLAP, STEP FORWARD AND BACK AND FORWARD AND ½ TURN AS YOU STEP FORWARD

1-2-3-4 Stomp right foot forward, clap, turn ¼ turn to left, clap
5&6&7&8 (Double-time) -- step forward on right, step back on left, step back on right, step forward on left, step forward on right, step back on left, as your turn ½ turn to your right - step forward on right (weight is on right)

STEP, LOCK, SHUFFLE FORWARD, STEP FORWARD AND BACK AND FORWARD AND ½ TURN AS YOU STEP FORWARD

1-2 Step left foot forward, slide right behind left
3&4 Shuffle forward - left, right, left
5&6&7&8 (Double-time) -- step forward on right, step back on left, step back on right, step forward on left, step forward on right, step back on left, as your turn ½ turn to your right - step forward on right (weight is on right)

STEP, LOCK, SHUFFLE FORWARD, STEP FORWARD AND ¼ TURN AS YOU STEP FORWARD, STEP FORWARD AND ½ TURN AS YOU STEP FORWARD

1-2 Step left foot forward, slide right behind left
3&4 Shuffle forward -- left, right, left
5&6 Step forward on right, step back on left, as you do a ¼ turn to your right, step forward on right
7&8 Step forward on left, step back on right, as you do a ½ turn to your left, step forward on left

STEP FORWARD, STEP BEHIND, STEP FORWARD, STEP BEHIND, STEP FORWARD, BRUSH LEFT, BRUSH RIGHT, BRUSH LEFT

1&2&3-4 (Double time) -- step right to right side, step left behind right, step right to right side, step left behind right, (single time) step right to right side, brush left as you angle your body slightly to the left
5-6-7-8 Step left to left side, brush right as you angle your body slightly to the right, step right to right side, brush left as you angle your body slightly to the left

STEP FORWARD, STEP BEHIND, STEP FORWARD, STEP BEHIND, STEP FORWARD, BRUSH RIGHT, BRUSH LEFT, BRUSH RIGHT

1&2&3-4 (Double time) -- step left to left side, step right behind left, step left to left side, step right behind left, (single time) step left to left side, brush right as you angle your body slightly to the right
5-6-7-8 Step right to right side, brush left as you angle your body slightly to the left, step left to left side, brush right slightly forward

REPEAT