

The Daily Grind

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數:
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: C'est La Vie (Blue) - Shania Twain



Dedicated to Winnie McLean on the occasion of her 80th birthday

RIGHT FORWARD MAMBO STEP, LEFT BACK, RIGHT & LEFT HEEL SWITCHES, ¼ RIGHT HEEL GRIND, RIGHT BACK COASTER STEP

1&2 Rock right forward, recover weight on left, step right together
& Step left back
3&4 Touch right heel forward, step right together, touch left heel forward
& Step left together
5-6 Touch right heel forward, with weight remaining on left grind right heel ¼ right
7&8 Step right back, step left together, step right forward

LEFT SIDE ROCK CROSS, RIGHT FORWARD & BACK TOE TOUCHES, RIGHT SIDE ROCK CROSS, SYNCOPATED LEFT FORWARD ROCK & RECOVER TURNING ½ LEFT

1&2 Rock left to left side, recover weight on right, cross step left over right
3-4 Touch right toes forward, touch right toes back
5&6 Rock right to right side, recover weight on left, cross step right over left
7&8 Rock left forward, recover weight on right starting to turn ½ left, complete ½ left turn stepping left forward

RIGHT KICK BALL CROSS, RIGHT SIDE, ½ LEFT & LEFT TO LEFT SIDE, RIGHT CROSS STEP, LEFT KICK BALL CROSS, SYNCOPATED LEFT SIDE ROCK & RECOVER WITH LEFT CROSS STEP

1&2 Kick right forward, step right back, cross step left over right
3&4 Step right to right side, turning ½ left step left to left side, cross step right over left
5&6 Kick left forward, step left back, cross step right over left
7&8 Rock left to left side, recover weight on right, cross step left over right

RIGHT SIDE, ½ LEFT & LEFT TO LEFT SIDE, RIGHT CROSS STEP, BOX (LEFT SIDE, RIGHT TOGETHER, LEFT FORWARD, RIGHT SIDE, LEFT TOGETHER, RIGHT BACK), LEFT BACK COASTER STEP

1&2 Step right to right side, turning ½ left step left to left side, cross step right over left
3&4 Step left to left side, step right together, step left forward
5&6 Step right to right side, step left together, step right back
7&8 Step left back, step right together, step left forward

REPEAT

RESTARTS

On wall 2 dance counts 1-28 (you will end facing back wall) and restart
On wall 5 dance counts 1-28 (you will end facing left side wall) and restart
On wall 8 dance counts 1-28 (you will end facing front wall) and restart