

Dance For Life

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Robin Sin (SG)
音樂: What a Feeling - DJ Bobo & Irene Cara



KICK & POINT, PIVOT ½ TURN LEFT, STEP FORWARD, SHUFFLE FORWARD, PIVOT ½ TURN LEFT

1&2 Kick right foot forward, step right foot beside left foot, touch left toe back
3 Pivot ½ turn left, weight on left foot
4 Step right foot forward
5&6 Shuffle forward on left-right-left
7-8 Step forward on right foot, pivot ½ turn left, weight on left foot

PIVOT ½ TURN RIGHT, FORWARD COASTER, ½ TURN RIGHT, FULL TURN FORWARD, BUMP HIPS

1 Pivot ½ turn right, weight on right foot
2&3 Step forward on left foot, step right foot beside left foot, step back on left foot
4 ½ turn right on the ball of left foot and step forward on right foot
5-6 ½ turn right and step back on left foot, ½ turn right and step forward on right foot
7&8 Bump hips diagonally forward left on left-right-left

KICK & POINT, PIVOT ½ TURN LEFT, STEP FORWARD, SHUFFLE FORWARD, PIVOT ½ TURN LEFT

1&2 Kick right foot forward, step right foot beside left foot, touch left toe back
3 Pivot ½ turn left, weight on left foot
4 Step right foot forward
5&6 Shuffle forward on left-right-left
7-8 Step forward on right foot, pivot ½ turn left, weight on left foot

PIVOT ½ TURN RIGHT, FORWARD COASTER, ½ TURN RIGHT, FULL TURN FORWARD, BUMP HIPS

1 Pivot ½ turn right, weight on right foot
2&3 Step forward on left foot, step right foot beside left foot, step back on left foot
4 ½ turn right on the ball of left foot and step forward on right foot
5-6 ½ turn right and step back on left foot, ½ turn right and step forward on right foot
7&8 Bump hips diagonally forward left on left-right-left

FULL TURN RIGHT TOES TOUCHES, CROSS SHUFFLE, SIDE ROCK

1&2& On the ball left foot, touch right toes to the side turning a ¼ turn left, hitch right knee slightly towards left shin, repeat
3&4& Repeat 1&2& finished with a full turn left
5&6 Cross right foot over left foot, step left foot to the side, cross right foot over left foot
7-8 Step/rock left to the side, recover weight on right foot

FULL TURN LEFT TOES TOUCHES, CROSS SHUFFLE, SIDE ROCK

1&2& On the ball right foot, touch left toes to the side turning a ¼ turn right, hitch left knee slightly towards right shin, repeat
3&4& Repeat 1&2& finished with a full turn left
5&6 Cross left foot over right foot, step right foot to the side, cross left foot over right foot
7-8 Step/rock right to the side, recover weight on left foot

RIGHT HEEL FORWARD, HOOK & SCOOT BACK, COASTER STEPS, LEFT HEEL FORWARD, HOOK & SCOOT, COASTER STEP

1-2 Touch right heel forward, hook right heel beside left shin while scooting back on left foot
3&4 Step back on right foot, step left foot beside right foot, step forward on right foot
5-6 Touch left heel forward, hook left heel beside right shin while scooting back on right foot

7&8 Step back on left foot, step right foot beside left foot, step forward on left foot

¼ TURN RIGHT, FORWARD SHUFFLE, PIVOT ½ TURN RIGHT, SYNCOPATED STEPS FORWARD, 2X CLAPS

1-2 ¼ turn right, shuffle forward on right-left right

3-4 Step forward on left foot, pivot ½ turn right, weight on right foot

5&6&7 Step left foot forward, step right foot behind left foot, step left foot forward, step right foot behind left foot, step left foot forward

&8 Two claps

REPEAT
