

Dance To The Music

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Robbie Halvorson (USA)
音樂: Dance to the Music - Sly & The Family Stone



STEP, KNEE, COASTER STEP, HIP WALK FORWARD RIGHT AND LEFT

- 1-2 Step forward with right foot, lift left knee forward so that left foot is at the inside of right knee
3&4 Step back with left, step together with right, step forward with left
5&6 Place right foot forward bump hips right, hips return to center, bump hips right shifting weight to right foot
7&8 Place left foot forward bump hips left, hips return to center, bump hips left shifting weight to left foot

MAMBO STEP ½ TURN RIGHT, RIGHT CROSS, SIDE, SAILOR STEP

- 1&2 Rock right to right side, rock weight onto left foot making ½ turn right, step right beside left
3&4 Rock left to left side, rock weight to right in place, step left beside right
5-6 Cross step right over left, step left to left side
7&8 Cross right behind left, step left to left side, step right to place

CROSS, SIDE, BEHIND, & HEEL JACK, SCUFF, CROSS & CROSS, ¼ TURN RIGHT

- 1-2 Cross left over right, step right to right side
3&4 Cross left behind right, step right to right side and slightly back, touch left heel diagonally forward left
&5 Step left back to place, scuff right heel next to left
6&7 Cross right over left, step left to left side, cross right over left
8&1 Step left slightly to left side, make a ¼ right by stepping on right, step left forward

WALK FORWARD RIGHT, KICK BALL CHANGE, ROCK STEP, TRIPLE ½ TURN LEFT

- 2 Step right foot forward
3&4 Kick left forward, step left beside right, step onto right in place
5-6 Rock forward on left, rock back on right
7&8 Triple step ½ turn left, stepping - left, right, left

REPEAT
