

Crying Out Loud

COPPER KNOB
BY STEPHEN

拍數: 40 牆數: 2 級數: Improver
編舞者: Sue Coats (AUS)
音樂: What About Me (Remix) - Shannon Noll



RIGHT ROCKING CHAIR, OPT, 2 PIVOTS, 4 HIP SWINGS

1-4 Rock forward right, back left, back right, forward left, (or 2 pivots ½ left)
5-8 Step right to right and swing hips right, left, right, left

SIDE SHUFFLE RIGHT-LEFT-RIGHT, ROCK BACK, FORWARD, SIDE SHUFFLE LEFT-RIGHT-LEFT, ROCK BACK, TURNING ¼ RIGHT, ROCK FORWARD LEFT

1-4 Side shuffle right stepping right-left-right, rock back left, rock forward on right
5-8 Side shuffle left-right-left, stepping left-right-left, rock back right turning ¼ right, forward left

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, STEP FORWARD LEFT)RIGHT, ROCK FORWARD & BACK, SHUFFLE BACK LEFT-RIGHT-LEFT

1-4 Shuffle forward right-left-right, step forward left and right
5-8 Rock forward left, back on right, shuffle back left-right-left

STEP BACK RIGHT, TAP LEFT HEEL FORWARD, STEP BACK LEFT, TAP RIGHT HEEL FORWARD, ROCKING CHAIR & PIVOT ½ LEFT

1-4 Step back on right, tap left heel forward, step back on left and tap right heel forward
5-8 Rock back on right, forward left, step forward right, turn ½ left, weight on left

CROSS ROCK, RIGHT OVER LEFT, RETURN WEIGHT, SIDE SHUFFLE, RIGHT-LEFT-RIGHT, CROSS ROCK, LEFT OVER RIGHT, RETURN WEIGHT & SHUFFLE INTO ¼ TURN LEFT

1-4 Cross rock right over left, return weight to left, & side shuffle stepping right-left-right
5-8 Cross rock left over right, return weight to right, & shuffle into ¼ turn left

REPEAT

TAG

End of wall 2 (facing front)

1&2-3-4 Shuffle forward, right, left, right rock forward, on left, recover on right
5&6-7-8 Shuffle back on left, left, right, left, rock back on right, recover on left

RESTART

On wall 7 after dancing 16 beats, & facing 3:00, you will need to add

1-4 Kick right foot forward, then to the right side as you turn ¼ right, rock back right & forward left
Start again from the beginning facing the back wall