

Country Roads

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Improver
編舞者: Judith Campbell (NZ)
音樂: Take Me Back Country Roads - Toots & Maytale



SIDE ROCK - RECOVER - STEP FORWARD - HOLD: (RIGHT & LEFT)

- 1-4 Rock right foot to right side, recover onto left foot, step right foot forward and slightly across left foot, hold
5-8 Rock left foot to left side, recover onto right foot, step left foot forward and slightly across right foot, hold

STEP FORWARD - ½ PIVOT - STEP FORWARD - ½ TURN TO LEFT - SHUFFLE BACK (LEFT-RIGHT-LEFT)

- 1-4 Step forward on right foot, ½ pivot to the left, step forward on right, ½ turn to left on ball of right foot
5-8 Shuffle back on left foot (left together left), hold

SIDEWAYS STRUT RIGHT LEFT - SHUFFLE TO RIGHT SIDE - STRUT LEFT FOOT (ALL MOVING TO THE RIGHT SIDE)

- 1-4 Step right toe to right side, lower right heel, step left foot across in front of right on toe, lower heel
5&6-7-8 Shuffle right foot to right side (step together step), step left foot across in front of right on toe, lower heel

2 STRUTS STEPPING OUT TO SIDES - 2 FULL HIP ROLLS TO LEFT

- 1-4 Step right foot out to right side on toe, lower heel, step left foot out to left side, lower heel
5-8 Roll hips to left full circle twice

Optional: just do 4 hip bumps right-left-right-left

STEP LOCK FORWARD AND SCUFF - CROSS & TURN

- 1-4 Step forward onto right foot, lock left foot up behind right foot, step right forward, scuff left foot forward
5-8 Place left ball of foot across in front of right foot, bend both knees and turn ½ to right

Shimmy shoulders if you like as you go around

2 MAMBO STEP FORWARD & BACK - HITCH

- 1-4 Rock/step - right foot forward, rock/step left back, step right foot back, hold
5-8 Rock/step - left foot back, rock/step right foot forward, step forward on left foot, hitch right knee up

Take small steps and use hips (forward back back hold, back forward forward hitch)

SHUFFLE ON SLIGHT DIAGONAL - HITCH - SHUFFLE ON SLIGHT DIAGONAL - HITCH

- 1-2 Step right foot forward and slightly diagonally to left, bring left foot next to right foot
3-4 Step right foot forward and slightly diagonally left, hitch left knee up
5-6 Step left foot forward and slightly diagonally to right, bring right foot next to left foot
7-8 Step left foot forward and diagonally to right, hitch right knee up

2 PIVOTS TURNING 1/8 EACH TO THE LEFT - JUMP FORWARD RIGHT LEFT - 2 CLAPS

- 1-4 Step right foot forward, do one 1/8 pivot to left, step right foot forward again, do another 1/8 pivot to left

You have turned ¼ to the left

- 5-8 Jump forward on right foot, bring left foot next to right foot, clap twice

REPEAT
