

Come On Eileen

COPPER **KNOB**
BY STEPHEN HETS

拍數: 0 牆數: 0 級數:
編舞者: Ralf O.K. (IRE)
音樂: Come On Eileen - Dexys Midnight Runners



Sequence: INTRO, INTRO, AA, BB, TAG 1, B, TAG 2, BB, TAG 1, AAA, CC, D, AAAAAA

INTRO

RIGHT-HEEL & LEFT-TOE, LEFT-HEEL & RIGHT-TOE, CHASSE RIGHT, ¼ TURN-LEFT ROCK BACK LEFT, RECOVER

- 1&2 Tap heel of right-foot forward, step right-foot back in place, tap toes of left-foot in place
3&4 Tap heel of left-foot forward, step left-foot back in place, tap toes of right-foot in place
5&6 Step right-foot to the right, step left-foot next to right-foot, step right-foot right
7-8 Rock back left-foot crossing behind right-foot, while doing a ¼ turn to the left, recover weight back on your right-foot

LEFT-HEEL & RIGHT-TOE, RIGHT-HEEL & LEFT-TOE, CHASSE LEFT, ¼ TURN-RIGHT ROCK BACK RIGHT, RECOVER

- 1&2 Tap heel of left-foot forward, step left-foot back in place, tap toes of right-foot in place
3&4 Tap heel of right-foot forward, step right-foot back in place, tap toes of left-foot in place
5&6 Step left-foot to the left, step right-foot next to left-foot, step left-foot left
7-8 Rock back right-foot crossing behind left-foot, while doing a ¼ turn to the right, recover weight back on your left-foot

PART A

MAMBO-CROSS RIGHT, MAMBO-CROSS LEFT, PIVOT ½, BACK-SHUFFLE RIGHT-LEFT-RIGHT

- 1&2 Rock right-foot right, recover weight back on your left-foot, cross right-foot in front of left-foot
3&4 Rock left-foot left, recover weight back on your right-foot, cross left-foot in front of right-foot
5-6 Step right-foot forward, turn ½ to the left on balls of both feet, ending up with weight on your left-foot
7&8 Step right-foot back, step left-foot back in front of right-foot, step right-foot back

ROCK BACK LEFT, RECOVER, FULL TURN LEFT STEP LEFT, RIGHT, ROCK FORWARD LEFT, COASTER

- 1-2 Rock back on left-foot, recover weight back on right-foot
3-4 Step forward with left-foot, beginning a full turn to the left, step forward with right-foot ending the turn
5-6 Step forward with left-foot, recover weight back on right-foot
7&8 Step back on left-foot, step back on right-foot, step forward on left-foot

PART B

SIDE-ROCK RIGHT, RECOVER, SAILOR-STEP, LEFT-CROSS ROCK BACK, RECOVER, SCISSORS

- 1-2 Step right-foot right, recover weight back on left-foot
3&4 Cross right-foot behind left-foot, step left-foot left, step right foot right
5-6 Cross-rock left-foot behind right-foot, recover weight back on right-foot
7&8 Step left-foot left, step right-foot next to left-foot, cross left-foot in front of right-foot

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, PIVOT ½, SHUFFLE FORWARD LEFT-RIGHT-LEFT, PIVOT ½

- 1&2 Step right-foot forward, step left-foot forward behind right-foot, step right-foot forward
3-4 Step left-foot forward, turn ½ to the right on balls of both feet, ending up with weight on right-foot
5&6 Step left-foot forward, step right-foot forward behind left-foot, step left-foot forward

7-8 Step right-foot forward, turn ½ to the left on balls of both feet, ending up with weight on left-foot

¼ HEEL-GRIND ON RIGHT-HEEL, COASTER, ¼ HEEL-GRIND ON LEFT-HEEL, HAT-DANCE

1-2 Step forward on heel of right-foot lift left-foot turn ¼ turn to the right, end turn with weight on left-foot stepping down behind right-foot
3&4 Step right-foot back, step left-foot back, step right-foot forward
5-6 Step forward on heel of left-foot lift right-foot turn ¼ turn to the right, end turn with weight on right-foot stepping down behind left-foot
7&8 Step left-foot next to right-foot, tap heel of right-foot forward, step right-foot back in place, tap heel of left-foot forward

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, PIVOT ½, SHUFFLE FORWARD LEFT-RIGHT-LEFT, PIVOT ½

&1&2 Step left-foot back in place, step right-foot forward, step left-foot forward behind right-foot, step right-foot forward
3-4 Step left-foot forward, turn ½ to the right on balls of both feet, ending up with weight on right-foot
5&6 Step left-foot forward, step right-foot forward behind left-foot, step left-foot forward
7-8 Step right-foot forward, turn ½ to the left on balls of both feet, ending up with weight on left-foot

PART C

3X: RIGHT-KICK-BALL-CHANGE, COASTER, LEFT-KICK-BALL-CHANGE, COASTER; 2X: SHUFFLE FORWARD RIGHT-LEFT-RIGHT, SHUFFLE FORWARD LEFT-RIGHT-LEFT

1&2 Kick right-foot forward, step in place with ball of right-foot, step in place with left-foot
3&4 Step right-foot back, step left-foot back, step right-foot forward
5&6 Kick left-foot forward, step in place with ball of left-foot, step in place with right-foot
7&8 Step left-foot back, step right-foot back, step left-foot forward

Repeat 3 times

1&2 Step right-foot forward, step left-foot forward behind right-foot, step right-foot forward
3&4 Step left-foot forward, step right-foot forward behind left-foot, step left-foot forward
5&6 Step right-foot forward, step left-foot forward behind right-foot, step right-foot forward
7&8 Step left-foot forward, step right-foot forward behind left-foot, step left-foot forward

PART D

16X RUNNING MAN RIGHT, RUNNING MAN LEFT,

1-2 Step right-foot forward, scoot back on right-foot while lifting left knee
3-4 Step left-foot forward, scoot back on left-foot while lifting right knee repeat 16 times

TAG 1

RIGHT-SIDE ROCK, RECOVER, CROSS, LEFT-SIDE ROCK, RECOVER, CROSS

1-2 Rock right-foot right, recover weight back on left-foot
3 Cross left-foot in front of right-foot
4-5 Rock left-foot left, recover weight back on right-foot
6 Cross left-foot in front of right-foot

TAG 2

MAMBO-CROSS RIGHT, MAMBO-CROSS LEFT, MAMBO-CROSS RIGHT, MAMBO-CROSS LEFT

1&2 Rock right-foot right, recover weight back on your left-foot, cross right-foot in front of left-foot
3&4 Rock left-foot left, recover weight back on your right-foot, cross left-foot in front of right-foot
