

Cool Boy

COPPER **NOB**
BY STEPHEN BATES

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Antonella Marmor Urdaneta (UK)
音樂: Hole in the Head - Sugababes



STEP LOCK STEP RIGHT, HOLD, STEP LOCK STEP LEFT, TOUCH

- 1-2 Step diagonally forward on the right, cross left behind the right
- 3-4 Step diagonally forward on the right, hold for one count
- 5-6 Step diagonally forward on the left, cross right behind the left
- 7-8 Step diagonally forward on the left, touch right next to left

SWITCH RIGHT & LEFT & RIGHT HOLD, SWITCH LEFT & RIGHT & LEFT HOLD

- 1&2 Point right toe to the right, bring right to center, point left toe to the left
- &3-4 Bring left to center, point right toe to the right, hold for one count
- &5&6 Bring right to center, point left toe to the left, bring left to center, point right toe to the right
- &7-8 Bring right to center, point left toe to the left, hold for one count

LEFT QUARTER TURN SAILOR STEP, KICK BALL POINT, CROSS UNWIND, HEEL & CROSS

- 1&2 Step back on the left as you make a quarter turn left, forward on the right, left to the side
- 3&4 Kick right leg forward, step on the right on the spot, point left toe to the left
- 5-6 Cross left leg over right, make a half turn unwind (transfer your weight on to the left leg as you finished to unwind)
- 7&8 Step slightly back on the right as you touch the left heel forward, step left beside right as you cross right over left leaving the weight on the left

FORWARD SHUFFLE, STEP QUARTER TURN, SAILOR STEP, RIGHT QUARTER TURN SAILOR

- 1&2 Step forward on the right, bring the left to meet, step forward on the right
- 3-4 Step forward on the left, make a quarter turn right (weight on count 4 is on the right)
- 5&6 Step back on the left, forward on the right, left to the side
- 7&8 Step back on the right as you make a quarter turn right, forward on the left, stomp right next to left leaving the weight on the left

KICK RIGHT, KICK LEFT, KICK RIGHT TWICE, KICK LEFT, KICK RIGHT, KICK LEFT TWICE

- 1&2 Kick right forward, bring right back to center stepping slightly forward, kick left forward
- &3-4 Bring left back to center stepping slightly forward, kick right leg forward twice
- &5&6 Bring right back to center stepping slightly forward, kick left forward, bring left back to center stepping slightly forward, kick right forward
- &7-8 Bring right back to center stepping slightly forward, kick left leg forward twice

Restart from here on the second wall

KICK BALL POINT, KICK BALL POINT, KICK BALL POINT, CROSS UNWIND

- &1&2 Bring left leg back to center stepping slightly forward, kick right leg forward, bring right back to center stepping slightly forward, point left toe to the side
- 3&4 Kick left leg forward, bring left back to center stepping slightly forward, point right toe to the side
- 5&6 Kick right leg forward, bring right back to center stepping slightly forward, point left toe to the side
- 7-8 Cross left over right, make a half a turn unwind

KICK RIGHT, KICK LEFT, KICK RIGHT TWICE, KICK LEFT, KICK RIGHT, KICK LEFT TWICE

- 1&2 Kick right forward, bring right back to center stepping slightly forward, kick left forward
- &3-4 Bring left back to center stepping slightly forward, kick right leg forward twice

- &5&6 Bring right back to center stepping slightly forward, kick left forward, bring left back to center stepping slightly forward, kick right forward
- &7-8 Bring right back to center stepping slightly forward, kick left leg forward twice

KICK BALL POINT, KICK BALL POINT, KICK BALL POINT, CROSS UNWIND

- &1&2 Bring left leg back to center stepping slightly forward, kick right leg forward, bring right back to center stepping slightly forward, point left toe to the side
- 3&4 Kick left leg forward, bring left back to center stepping slightly forward, point right toe to the side
- 5&6 Kick right leg forward, bring right back to center stepping slightly forward, point left toe to the side
- 7-8 Cross left over right, make a half a turn unwind

REPEAT
