

China Groove

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 1 級數: Intermediate
編舞者: Henry Costa (USA)
音樂: You Are Mine - Leon Lai



Contact the choreographer for info on buying the CD

FORWARD (2 RIGHT HEEL TAPS), FORWARD (2 LEFT HEEL TAPS), FORWARD, LIFT KNEE, STEP DOWN BOW, EXTEND RIGHT TOUCH BACK

- 1-2 Step slightly forward right - right heel tap, right heel tap (2 heel taps in place) (weights ends on right)
- 3-4 Step slightly forward left - left heel tap, left heel tap (2 heel taps in place) (weight ends on left)
- 5-6 Forward right, knee left up (hitch) - hands together in pray position
- 7-8 Step down left with bow - hands still together, extend right toe touch back (back in straight position)

FORWARD RIGHT, ½ PIVOT LEFT, RIGHT KICK BALL CHANGE, STEP SIDE RIGHT WITH LEFT HAMSTRING CURL, STEP SIDE LEFT WITH RIGHT HAMSTRING CURL

- 1-2 Forward right, ½ pivot left (transfers weight to left)
- 3&4 Right kick forward, step down on ball of right, weight change to left (right kick ball change)
- 5-6 Step side right, lift lower half of left leg below knee towards glute (hamstring curl) - (lift the heel behind you towards your glute. Don't let the knee come forward as you do this.)
- 7-8 Step side left, lift lower half of right leg below the knee towards glute (hamstring curl) - (lift the heel behind you towards your glute. Don't let the knee come forward as you do this.)

STEP SIDE RIGHT, LEFT TOUCH, STEP SIDE LEFT, RIGHT TOUCH, RIGHT KNEE LIFT, STEP DOWN RIGHT, LEFT KNEE LIFT, STEP DOWN LEFT

- 1-2 Step side right, toe touch left next to right
- 3-4 Step side left, toe touch right next to left
- 5-6 Right knee lift up (hitched), step right down (weight on right)
- 7-8 Left knee lift up (hitched), step left down (weight on left)

RIGHT KICK FORWARD, STEP DOWN RIGHT, LEFT KICK FORWARD, STEP DOWN LEFT, CROSS RIGHT IN FRONT OF LEFT, UNWIND ½ LEFT TURN WITH HEEL BOUNCE

- 1-2 Kick right out forward, step down right (weight on right)
- 3-4 Kick left out forward, step down left (weight on left)
- 5-6 Cross right in front of left, start to unwind to left for ½ turn (bounce and turn with weight on balls of feet, bounce heels off floor 1 time)
- 7-8 Continue to unwind to left for ½ turn, finish unwind now facing wall that you started the dance (heel down - weight on left, right touch next to left - heel up)

Counts 6-8 bounce heels and turn, weight on balls of feet, bounce heels off floor 3 times gradually unwinding (turning ½ left) finish with weight on left foot

REPEAT