

Chug-A-Lug

COPPER KNOB
BY STEPHEN BATES

拍數: 32 牆數: 4 級數: Improver
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: My Baby Thinks She's A Train - The Dean Brothers



STEP-SLIDES, SYNCOPATED STEP-SLIDES

- 1-2 Step forward on right foot; slide left foot up next to right and step
3&4 Step forward on right foot; slide left foot up next to right and step, step forward on right foot
5-6 Step forward on left foot; slide right foot up next to left and step
7&8 Step forward on left foot; slide right foot up next to left and step, step forward on left foot

ROMP, TOE TAP, SIDE STEP, HEEL TOUCH, STEP, MILITARY PIVOT TO THE LEFT

- &9 Step ball of right foot back and diagonally right; touch left heel forward
&10 Step left foot back to home; touch right foot next to left
11-12 Twist body a ¼ turn to the right (to the right) and tap right toe behind left; twist body a ¼ turn to the right (to the left) and step to the right on right foot
13-14 Twist body a ¼ turn to the left (to the left) and touch left heel forward, twist body a ¼ turn to the right (to the right) and step left foot next to right
15-16 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

SYNCOPATED VINE RIGHT, STOMP, STEP, BEHIND, PIVOT, FORWARD SHUFFLE

- 17-18 Step to the right on right foot; cross left foot behind right and step
&19 Step to the right on right foot; cross left foot over right and step
20 Stomp to the right on right foot
21-22 Step to the left on left foot; cross right foot behind left and step
& Pivot ¼ turn to the left on ball of right foot
23&24 Shuffle forward (left, right, left)

MILITARY PIVOT TO THE LEFT, FORWARD WALK, SWINGING HIPS

- 25-26 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot
27-28 Step forward on right foot; step left foot next to right
29-30 Swing hips to the right, twist downward swiveling knees to the left, swing hips to the left, continue twisting downward swiveling knees to the right
31-32 Swing hips to the right, twist upward swiveling knees to the left, swing hips to the left, continue twisting downward swiveling knees to the right

REPEAT
