

Cecilia

COPPER KNOB
BY STEPHENETS

拍數: 0 牆數: 4 級數: Improver
編舞者: Sherry Palencia (USA)
音樂: Cecilia - Simon & Garfunkel



Sequence: AA, B plus 4-count tag, A, B (only 16 counts), A, B, A, B

SECTION A

SHUFFLE RIGHT, ROCK STEP, KICK BALL POINT, KICK BALL POINT,

1-4 Shuffle to right (right, left, right), rock back on left
5-8 Kick left foot forward, step down and point right foot to right side, kick right foot forward, step down and point left foot to left side.

SHUFFLE LEFT, ROCK STEP, HALF PIVOT, SHUFFLE TURN

1-4 Shuffle to left (left, right, left), rock back on right
5-6 Step forward on right, pivot $\frac{1}{2}$ turn left,
7&8 Left shuffle turn to face front wall

Easy option for beginners: replace shuffle turn with a left $\frac{1}{2}$ pivot

POINT RIGHT, POINT LEFT, POINT FORWARD, POINT BACK, KNEE UP, DOWN, KNEE BALL CHANGE,

1-2 Right foot points right, left foot points left
3-4 Right foot points forward, left foot points back
5-6 Lift left knee up, tap down,
7-8 Lift knee up and step ball change

SHUFFLE, PIVOT, RIGHT AND LEFT SAILOR SHUFFLE

1-4 Left foot shuffles forward, pivot $\frac{1}{4}$ to left
5-8 Right sailor shuffle and left sailor shuffle

SECTION B

4 SYNCOPATED CROSSES AND POINTS

&1&2 Lift right knee and step across left foot on count 1, lift left knee before pointing left on count 2
&3&4 Lift left knee and step across right foot on count 3, lift right knee before pointing right on count 4
&5&6&7&8 Repeat above

WALK BACK AND $\frac{1}{2}$ PADDLE TURN

1-4 Walk back, right, left, right, left
5-8 Turning left, do $\frac{1}{8}$ paddle turn 4 times

ROCK RIGHT, RIGHT SAILOR SHUFFLE, COASTER, KICK BALL CHANGE

1-2 Rock right, recover
3-4 Right sailors shuffle
5&6 Turning $\frac{1}{4}$ left, do left coaster step
7&8 Right kickball change

ROCK RIGHT, RIGHT SAILOR SHUFFLE, COASTER, KICK BALL CHANGE

1-2 Rock right, recover
3-4 Right sailors shuffle
5&6 Turning $\frac{1}{4}$ left, do left coaster step
7&8 Right kickball change

TAG

1-4

Strut forward, right, left, right, left for 4 counts
