

The Call To Dance

COPPER **KNOB**
BY STEPHENETS

拍數: 160 牆數: 2 級數: Advanced
編舞者: Gail Tako (CAN)
音樂: The Call To Dance - Leahy



INTRODUCTION

Begin dance with this introduction to loosen up your muscles. It begins approximately 64 counts into the song.

BODY ROLL, LEG ROLLS, HIP ROLLS

- 1-4 Body roll
- 5-12 Right leg roll to the right, left leg roll to the left, right leg roll, left leg roll (2 counts each roll)
- 13-16 Hip roll in a figure 8 pattern
- 17-32 Repeat above steps (1-16)

BODY ROLL, HIP BUMPS (1-16)

- 1-4 Body roll
- 5-8 2 left hip bumps, 2 right hip bumps
- 9-12 Body roll
- 13-16 2 left hip bumps, 2 right hip bumps

BODY ROLL, HIP BUMPS (1-16)

- 1-4 Body roll
- 5-8 Left hip bump, right hip bump, left hip bump, right hip bump
- 9-12 Body roll
- 13-16 Left hip bump, right hip bump, left hip bump, right hip bump

THE MAIN DANCE

TOE FORWARD, TOE BACK, LEG BEHIND, LEG OUT

- 1-4 Touch left toe forward, touch left toe back, slap left foot with right hand as you swing it behind right leg, slap left outer foot with left hand
- & Step left beside right
- 5-8 Touch right toe forward, touch right toe back, slap right foot with left hand, slap right outer foot with right hand
- & Step right beside left
- 9-16& Repeat above steps

ROCK STEPS FORWARD, ROCK STEPS BACK

- 1-4 Rock forward on right, rock back on left, rock forward on right, rock back on left
- 5-8 Rock back on right, rock forward on left, rock back on right, rock forward on left
- 9-16 Repeat Above Steps

ROLLING VINE, KNEE POPS

- 1-4 ¼ turn rolling vine to right (drag left leg beside right on 4th count)
- 5-8 Right knee pop, left knee pop, right knee pop, left knee pop (weight on right)
- 9-12 ¼ turn rolling vine to left (drag right leg beside left on 4th count)
- 13-16 Left knee pop, right knee pop, left knee pop, right knee pop (weight on left)

MAD HATTER, HEEL JACKS

- 1& Touch ball of right foot beside left, scoot backward on left while hitching right
- 2& Touch ball of right foot beside left, scoot backward on left while hitching right
- 3& Touch ball of right foot beside left, scoot backward on left while hitching right
- 4 Step right foot beside left
- &5 Step back on left, touching right heel forward

- &6 Step home on right, touching left to right
- &7 Step back on left, touching right heel forward
- &8 Step home on right, step left beside right
- &9 Step back on right, touching left heel forward
- &10 Step home on left, touching right to left
- &11 Step back on right, touching left heel forward
- &12 Step home on left, step right beside left
- 13& Touch ball of left foot beside right, scoot backward on right while hitching left
- 14& Touch ball of left foot beside right, scoot backward on right while hitching left
- 15& Touch ball of left foot beside right, scoot backward on right while hitching left
- 16 Step left foot beside right

SHUFFLE TO SIDE, OVER SHUFFLE, SHUFFLE TO SIDE, STEP BEHIND, STEP SIDE

- 1&2 Moving to the right-shuffle right (right-left-right)
- 3&4 Moving to the right-bring left over right and shuffle left (left-right-left)
- 5&6 Moving to the right-shuffle right (right-left-right)
- 7-8 Step left behind right, step right beside left
- 9-16 Repeat above steps traveling to left

STAMP, KICK, STAMP, KICK (WITH ¼ TURNS)

- 1-4 Stamp right foot beside left, kick right leg forward, stamp right foot beside left, kick right leg forward (while turning ¼ right)
- 5-8 Stamp right foot beside left, kick right leg forward, (while turning ¼ right facing back wall), stamp right foot beside left, kick right leg forward (while turning ¼ right facing left wall)
- 9-16 Repeat above steps switching to left leg and turning ¼ left

STAMP, KICK FORWARD, STAMP, KICK FORWARD

- 1-4 Stamp left foot beside right, kick left leg forward, stamp right foot beside left, kick right leg forward
- 5-8 Stamp left foot beside right, kick left leg forward, stamp right foot beside left, kick right leg forward

ROCK STEPS, TURN, ROCK STEPS, TURN

- 9-12 Rock forward right, rock back left, ½ turn right (stepping on right), rock forward left
- 13-16 Rock back right, ½ turn left (stepping on left), step forward right, touch left beside right (2nd time step left beside right)
- 17-32 Repeat above steps

MODIFIED MONTEREY TURNS

- 1-4 Touch right to right side, turn ½ right while hitching right, step right down, touch left beside right
- 5-8 Touch left to left side, turn ½ left while hitching left, step left down, touch right beside left
- 9-16 Repeat above steps

STEP, HIP ROLLS, ¼ TURN

- 1-8 Step right forward (on ball of foot), roll hips, step left forward, roll hips, step right forward, roll hips, step left forward, turn ¼ right (keeping weight on left foot)
- 9-16 Step right forward, roll hips, step left forward, roll hips, step right forward, roll hips, step left forward, turn ¼ right (stepping down on right)

REPEAT

The dance finishes after the fiddle music. There is one extra beat. Finish the dance with a flourish by tapping left toe behind right, bring left arm behind back, head down and right hand on front brim. Or any other way you can think of.

