

Breath Mint

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Natalie Mundy (USA) & Zac Detweiller (USA)
音樂: She's Like The Wind - Lumidee



Intro: 16 counts. Dance starts on Lyrics and is difficult to count in! You have the option of starting after 32 counts of danceable music, be forewarned that this may not happen at all classes and may confuse your dancers if you do start 32 counts later. Lyrics: <http://www.freewebs.com/lumideelyrics/>

ROCK RECOVER, FULL TURN, POINT, CROSS SHUFFLE, ¼ TURN, COASTER STEP

1&2&3 Slightly rock forward on left, recover weight on right(prepare for fast full turn), hitch left and make a full turn over left shoulder, step left in place, touch right to right
4&5 Cross right over left, step left to left, cross right over left
6 Make a ¼ turn right stepping back on left
7&8 Step back on right, step left beside right, step right forward

POINTS/SWITCHES, ROLL BALL STEP, ROLL BALL TOUCH

1&2 Touch left toe to left side, step left beside right, touch right to right side
3 Hold
&4 Step right beside left, touch left toe to left side
5&6 Do a body roll to left, step right beside left, step left to left side
7&8 Do a body roll to left step right beside left, touch left to left

CROSSING SHUFFLE, SWIVELS, ½ TURN RIGHT, BALL CHANGE, HITCH ¼ POINT, ¼ POINT

1&2 Cross left over right, step right to right, cross left over right
&3-4 Swivel heels left, return heels center, pivot ½ right taking weight on left
5&6 Rock back on right, recover weight left, hitch right foot to left knee
&7 Make a ¼ turn right stepping on right, touch left toe to left side
&8 Step left foot beside right making a ¼ turn left, touch right toe to right side

CROSS STEP, SAILOR ¼ TURN, ROCK RECOVER, ¼ CROSS POINT

1-2 Cross right over left, step left to left
3&4 Step right behind left, step left to left making a ¼ turn right, step right to right
5-6 Rock forward on left, recover weight right
7&8 Make a ¼ turn left stepping left to side, cross right over left, touch left to left side

REPEAT
